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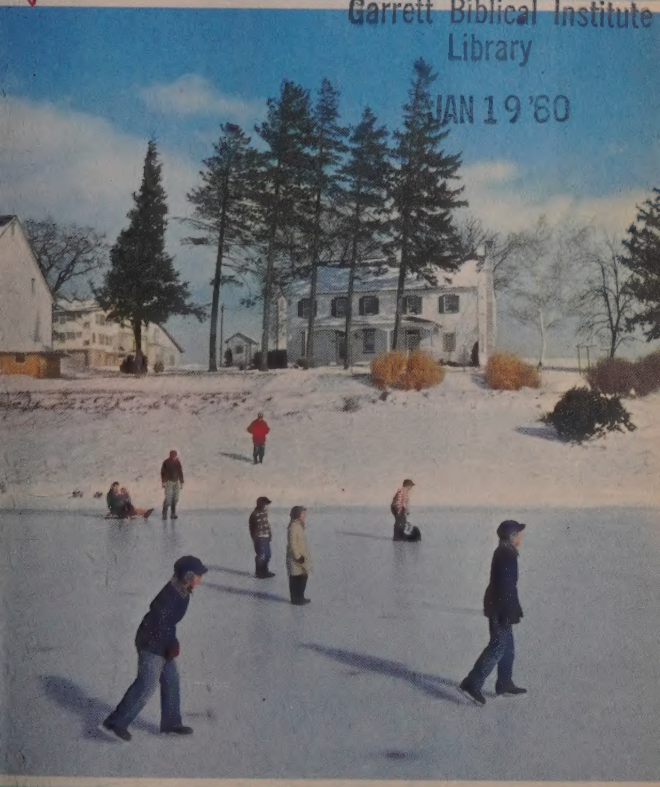

Winter Will Turn to Spring

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Cover—Lancaster Co., Pa., H. Armstrong Roberts

Monthly Thoughts

BY CHARLES FILLMORE

To be Used from February 1 to February 29

Illumination: I let the love of God guide me and I am wise, patient, and understanding.

Prosperity: I let the love of God work through me to establish order and prosperity in my affairs.

Healing: I let God's love flow through me, calming my emotions, freeing my mind, and healing my body.

UNITY

PUBLISHED MONTHLY BY UNITY SCHOOL OF CHRISTIANITY
Publication, Editorial, and Executive Offices:
LEE'S SUMMIT, MO.

Second-class postage paid at Lee's Summit, Missouri. Subscription price $2 a year, single copies, 20 cents each. Unity School of Christianity also publishes the following periodicals: Good Business, Weekly Unity, Daily Word, Progress, Wee Wisdom, Unity Sunday-School Leaflet and La Palabra Diaria.

Unity

Founded in 1889 by Charles Fillmore
George E. Carpenter, Editor

VOLUME 132 FEBRUARY, 1960 NUMBER 2

The Spoken Word

from the writings of

CHARLES FILLMORE

WE UNDERSTAND that the worlds were framed by the word of God spoken in faith. This in substance is the comment of the author of Hebrews. If God created by the power of His word it is fair to assume that He gave like power to man, who has in miniature all the abilities of His Father. Jesus confirmed this power of man's word when He said that we should be held accountable for our lightest word and that our words would both justify and condemn us.

Our words are so interwoven with our thoughts and acts that we do not discern the relation between cause and effect, in fact we do not as a rule see any connection between them. We are so concerned with effects that we have no consciousness of causes. So in explaining the law by which man builds his character, body, and environment, we must repeatedly call attention to the source of these things, Spirit

and its outlet in man, the word. Thought and word are so intimately allied that we usually count them as one. "Out of the abundance of the heart his mouth speaketh." Get a deep conviction of the truth of your cause; then speak it forth in strong words, and it will surely come to pass.

The process through which the idea—conceived in mind, formed in thought, and made manifest in body and affairs—passes in its various stages is not always clear, and we are not usually concerned about the manner in which the end is accomplished. The fulfillment of our objective is the principal thing.

However, it is within the province of man to understand and witness the whole process of creative thought in his own organism. It requires soul culture of an advanced order to do this, and but few persons are willing to undertake the necessary study and discipline. It is not taught in any of the metaphysical schools, because the instructions cannot be put in words. No words have yet been invented to express the attitudes of mind and body required to raise the cell life in man's body to the required potency. The spiritual ether in which we float has a rate of vibration millions of times greater than matter. This is the kingdom of Spirit life, which Jesus brought to our attention and of which we must lay hold if we would attain eternal or continuous life. The individuality or I AM must give concentrated attention to this inner life energy and introduce it into mind and body continually until the whole nervous system is aflame with Spirit life. We may not be conscious of it but we are all seeking this inner life flame, because its energy is the only source

on which we can draw to raise our atomic vibration to the point where it will overcome the slow disintegrating flow of human nature.

There are souls in the heavens who have accomplished this and so attuned their bodies to the spiritual life that they are no longer subject to death. Jesus of Nazareth is the illumined soul appointed to save our race from the disintegrating effects of broken law, and through Him we are dynamically infused with life.

Every time we listen to a radio program we have in the diffusion of intelligence an illustration of what Jesus accomplished in the diffusion of life. In the 1st chapter of John we read, "In him was life; and the life was the light of men."

Here light (intelligence) and life are treated as one. Like all the attributes of Spirit, intelligence or the knowing quality is united with the active quality, life. There is a spiritual ether corresponding to the radio ether, into which Jesus merged His soul and body at His disappearance in the heavens *(hoi ouranoi)*. Here awaiting our appropriation is a radiant intelligence and life. When we turn our attention within and give ourselves up wholly to Spirit, we are quickened with a life and intelligence of superexcellence.

When the blood stream becomes depleted our physicians hasten to make a blood transfusion, overlooking the fact that Jesus made it possible for all of us to receive from Him a life transfusion that not only revives us in temporal ills but, above all, begins in our body a purifying and energizing process that will finally save us from death.

When we strive to be like Jesus in thought and word we are quickened by Him and are lifted up. This results in healing; but far more important, we are inoculated with the germs of soul and body cleansing.

A Perfect Day

Within, a brightness shone about
  And found its way into each breast.
The sun was shedding golden light
  Upon each chair and desk,
Although the clouds hung low outside.

Kind words were heard in pleasant undertones,
  When business caused two workers' paths to meet.
The day's task lightened
  As the golden hours sped past,
And every one with gladness closed his work,
  More fresh and carefree than he'd been at morn.

And shafts of joy and healing balm
  Sped out upon the land
Where waiting souls with open hearts
  Caught blessings from this band.

The secret of this blessed day
  Quite simple words may tell—
Each filled his busy mind with love
  And evil could not dwell.

Then in that night
A host of peaceful, healing dreams
Watched o'er each toiler as he slept.

—*Lowell Fillmore*

The Lord, Our God, Will Answer

A. D. HEFLEY

HAVE YOU EVER asked God for something, but did not receive it? Did you then decide that God does not always keep His promises? Do you think of God as being responsive to your pleas for help sometimes and indifferent at other times? Do you believe that God is generous with His blessings toward some persons, but not with others?

If you have asked but did not receive what you asked for, you may be assured the fault lies with you, not with God. God is no respecter of persons.

It might be well for you to pause now and consider the manner of your approach to God as you made your prayer. Life has taught us that it makes all the difference in the world how we approach any proposition or individual if we expect satisfactory results.

When the Master said, "Ask, and ye shall receive," He was speaking to all mankind, which includes you and me and everyone else. This is God's promise to you, and you can depend on it every minute of your life and under all circumstances. But included in the promise is one basic requirement: You must believe; you must have absolute faith that God will grant what you ask. Do not expect God to answer your prayer if you, in the very least, doubt that He will do so. Would you expect a friend to go all out for you if you mistrusted him? Of course

you would not. To love God is to trust Him. We trust and believe our friends and neighbors. Shall we do less for God?

We must work with God in order to attain our desires. Before entering the silence, there to commune with the Father and seek His help, we should make very careful preparations, just as we certainly would do before entering upon any other important undertaking. The mind and body should be completely relaxed; all resentment or other disturbing thought should be replaced with love; complete forgiveness should be granted to all with whom we may have been at odds. We should then visualize what we want, and be bold, positive, and radiantly expectant. When the mind has been divested of all worldly cares, when we can think, feel, and see nothing except the good that we are asking God to give us, the answer will come in full measure, heaped up, pressed down, and running over.

When God answers prayer, He answers fully and completely, always giving us more and better things than we asked for.

I lay no claim to any power not possessed in equal measure by all other persons, but I did discover several years ago an inexhaustible power on which I can and do draw in times of need, and that power has never failed me. I have learned to rely on it, to trust it, and use it in every adverse condition that confronts me.

I know that many times in my life the so-called laws of everyday living have been set aside when I was in desperate situations. Money has come to me from totally unexpected sources, the receipt of which

iterally stunned me. There was not a penny in ight insofar as my human senses could discern, but he money came mysteriously and miraculously as he abundant supply of food came when the Master ed the hungry multitude.

Twice in my life, as I walked through the valley of the shadow, this unseen power rescued me from death after men of science had already passed entence on me. I was restored to perfect health because I believed in and trusted this power.

Recently in a mass layoff of employees, a very dear member of my family lost his position with he company that had employed him for over six ears.

With a wife and three small children to support, his seemed a terrible blow. He applied for work with several firms, but without success. When he phoned to tell me of his misfortune I told him I had feeling that everything would work out all right n a short time. I asked him to pray with me that he would find work, and soon.

From my previous experience in demonstrating Truth teachings, I had learned that there is no lack of work; there is no lack of anything except our ack of faith and courage to lay hold on the things ve need. I determined to apply this principle to the young man's situation.

When I had entered the silence, there to meditate nd intercede for my young kinsman, I felt a bond of holy affection sweep over me. His need became my need, and his desire for help became my own fond hope of ultimate fulfillment. I closed my eyes, and in he powerful stillness of that moment, I remembered

Jesus' promise: "Therefore I say unto you, All thing whatsoever ye pray and ask for, believe that ye re ceive them, and ye shall have them."

I kept my faith unwaveringly centered on tha which he desired and what I so poignantly desire for him. I realized that everything hinged on th one word *believe*. "I do believe," I affirmed.

I forthwith formed a mental picture of the wor I asked God to give him. In this mind picture I sav him happily and gainfully employed, once mor earning a livelihood for himself and family. I ha released the little messengers of faith that I wa convinced would soon return bearing the glad ti dings of a suitable position for my beloved youn relative.

At frequent intervals during the day, and in m waking moments at night, I paused and gave thank to God for hearing my plea. I did this boldly an without the slightest reservation, because I knew tha the answer was coming.

It was not the answer to my prayers, but th fullness of the answer that surprised me. God ha an even better plan in store for us.

The position, unsolicited and unexpected fron that particular source, came from the company tha had laid him off two weeks before. His salary wa substantially increased; working conditions wer much better than in the old job, and he was given higher rank and rating.

It is difficult to put into words the surge of fres humble assurance that came with the knowledg that God had heard and answered our prayers, tha He was standing by, that I could call on Him, an

that He can and does supply our every need.

When my young kinsman phoned to tell me the good news, he added: "And I was praying—praying as I never had before."

Wherever there is strong faith, there is answer to prayer. When there is doubt, there is disappointment.

It is man's right and privilege to claim his divine inheritance. God has provided every good thing for His children, and there is enough and to spare for all.

Adverse thought whispers: "You cannot have this or that; you will never regain your health; your supply is limited; the position you seek is beyond your reach or capabilities." Such thoughts are but outward appearances; they are totally false and misleading and unworthy of your least consideration. Simply believe and affirm that God will, with your faith and prayers, see you through any troublesome situation that may arise.

The language of faith is so simple and reassuring that no one need fail to grasp its meaning: "Ask, and it shall be given you; seek, and ye shall find; knock, and it shall be opened unto you." Condensed into five simple words, the meaning is even more clear: "Believe that it is so." It is so; it cannot be otherwise.

And Jesus said unto him, Go thy way; thy faith hath made thee whole. And straightway he received his sight, and followed him in the way.

It Is Good to Pray

L. STEVENS HATFIELD

TRUE PRAYER is not a process of beseeching God, of imploring Him to do things for us, of begging Him to give us material substance. True prayer is thinking of God, His love, and His power. It is a means that we may use to get in tune with Him so that we may learn and understand His perfect will for us. It is a means that He has provided for channeling His divine wisdom and power into our heart, mind, and affairs.

In prayer we enter the high consciousness in which we behold ourselves freed from every belief in negation. We behold ourselves in the presence of God, cleansed of all worldly beliefs, standing clear and spotless before Him. It is then that we feel His presence and power penetrating every atom of our being. It is then that we know we are at one with Him.

When you pray you are communing with all that is divine, pure, perfect, powerful. You are making contact with the Spirit of God at the very center of your being. Your prayer is answered when you get a realization that you are not only one with God but you are also one with whatever you desire to bring into manifestation. Your good becomes visible when you enter the stillness of your own being and know that you cannot be separated from God, the source of all that is both visible and invisible.

Prayer is cumulative. The more we pray the more

we accumulate of the powerful spiritual energy that transforms invisible ideas into visible things. True prayer goes beyond formalized lip service. It is rather a growing pyramid of constructive thought; a yearning to improve oneself; an effort to draw close to God; to become more like Him. We should pray until we feel that we are touching the inner reaches of the soul where dwells the Spirit.

Prayer is not for the purpose of beseeching God to appease or pacify us in time of trouble. It is not begging Him to take away a sin or a sickness or a sorrow or to give us abundance if we are in need. Prayer is for the purpose of putting ourselves in tune with God. James, a servant of God, said, "Ye ask and receive not because ye ask amiss." Asking amiss is asking or begging for what we already have if we will but open our mind and heart and take it. Instead of begging we should give thanks that we already have our good in Spirit and keep on giving thanks and accepting mentally until that which we want appears in manifestation.

It is foolish to sit day after day and beg God to show us how to get a job if we do nothing ourselves to get a job. It is foolish to pray and beg for health if we continue to break the laws of health. There is work for us to do. When we pray we should give thanks that we have plenty in the unmanifested world and then listen for God to instruct us how to bring it forth into manifestation and then go and do what we are prompted to do. The rule is: think, do, have.

Too many prayers are said for the purpose of telling God what to do instead of allowing Him to

tell us what to do. The important part of prayer is not so much what we are saying as it is in listening to what God is saying. His words will come to us as ideas, which if put to work in His name will bring us our heart's desire.

As you pray, not with supplication and doubt but with quiet trust and confidence, you link yourself with the power that rules and governs the universe, and a force powerful and dynamic beyond human imagining is generated in your mind and heart. You are strengthened and blessed, and chaotic conditions whatever they may be are brought into harmony and order and peace.

Jesus said; "Ask, and it shall be given you; seek and ye shall find; knock, and it shall be opened unto you." For further reassurance He said, "Every one that asketh receiveth; and he that seeketh findeth; and to him that knocketh it shall be opened." Asking implies desire, and right desire is prayer.

Prayer is a joyous activity; through it we realize our oneness with God; through it we come into His presence and we are lifted into a consciousness of peace, poise, faith, and power. Through it we are illumined and blessed with understanding. Through prayer we find the answer to every problem in our life. Prayer puts us in tune with divine wisdom; through it we find that no mistake is so bad that it cannot be remedied with God's help. No human relation is so strained that God can not bring about reconciliation and understanding to all concerned. No habit is so deep-rooted that it cannot be overcome. No one is so weak that he cannot be made strong. No one is so ill that he cannot be healed

When you make prayer a daily habit you begin to follow in the footsteps of Jesus, and your life will be transformed; you will have health, strength, and vitality of spirit, mind, and body. New avenues of success and prosperity will be opened to you. You will be recharged spiritually, mentally, and physically from the inexhaustible life-giving source of divine power within you.

Through prayer you gain inspiration from God. Through prayer the things of Spirit are woven into the very fabric of your life. Through prayer you give up your base thoughts and ascend into the consciousness where you are at one with God.

Earnest and sincere prayer will give you the inner knowledge that God is ever with you, ever manifesting Himself in your life as the fulfillment of any desire in the way that is best for you. Prayer is never unavailing. God upholds you eternally in His care. When you turn to Him in faith believing, He will bless you with that which is for your highest good.

It is good to pray to God concerning all matters. There is nothing too great or too small for His attention for He is "over all, and through all, and in all."

"Thou shalt make thy prayer unto him, and he will hear thee. . .

Thou shalt also decree a thing, and it shall be established unto thee."

To pray truly you must stop thinking of your human desires and ambitions so that you may be holy enough to feel the God presence, still enough to hear the God message, and open enough to receive the God gift. When your desire is really deep-

seated, intense, and sincere you will be led to do everything in your power to bring your prayer to fruition. Test the sincerity of your desire before asking God to bring it to pass, for whatever God does for you He must do through you, and you must be willing to obey His law. You have to do more than just say, "Lord, I believe"; you have to say, "Thy will be done," and then do it.

It is important that we carry over into every moment of our living the consciousness of God's presence that we gain from our periods of prayer and meditation. By realizing every moment that God is at hand we constantly abide in the spirit of prayer.

Jesus sent the young man who was blind from birth, groping through the narrow, winding streets of Jerusalem, out beyond the wall of the city, to bathe his eyes in the pool of Siloam, as a test of his sincerity. Jesus could no doubt have healed him with a word or a touch, but the young man had to pay the price of personal effort, of personal obedience, and of faith before it was possible for him to have his heart's desire.

Are you willing to follow the command of Jesus when He says to you, "Go, thou." Or do you prefer to wait and see what will happen if you do not obey, as so many of us do, and then cry out against the injustice that is done us when we do not realize an answer to our prayer?

It is good to remember that all we need to do when we pray is give our attention to God, to His presence and power within us. Do you need health? Think of the presence of God in you as life, pure life constantly flowing through you, renewing every

cell, regulating every function. Do you need supply? Think of God as the substance of that which you need. See Him giving it to you in the form that you need. Remember the promise, "Whatsoever ye shall ask in my name, that will I do."

Prayer is the most wonderful and yet the most simple thing in the world. It is so direct that we hesitate to accept it, so simple we are prone to overlook it, yet it is the way that Jesus recommended. If you wish real peace, happiness, health, and plenty, learn to talk with God in the silence of your own soul. Learn to pray!

When you shut out the world of appearances and false thought and come into the presence of God, you and your world will be transformed. In His presence you will see everything through the eyes of love. Your heart will be tender and warm toward all creation. You will have a deep inner knowledge and assurance that all is well with you and your world.

"Pray without ceasing."

Think beautiful thoughts and set them adrift
On eternity's boundless sea!
Let their burden be pure; let their white sails lift,
And bear from you the comforting gift
Of your heartfelt sympathy.

For a beautiful thought is a beautiful thing,
And out on the infinite tide
May meet and touch and tenderly bring
To the sick and the weary and sorrowing
A solace long denied.

—*Selected.*

Spiritual Serenity

KATHLEEN W. WELCH

It is only the finite that has wrought and suffered; the infinite lies stretched in smiling repose.

SPIRIT WITHIN MAN is never hurried, confused, or pressed. How many of us remember this while we rush through the busy days? "I never have enough time for all the things there are to do. The days are too short"—a common complaint of mankind. We allow the outer pressures, the outer confusions, the outer tensions to penetrate our consciousness, which seeks to reject outer influence and to withdraw, as it were, into its inner citadel of peace and serenity.

"Be still, and know that I am God," is one of the most beautiful and powerful instructions in the Bible. "Be still." Stop noisy, cluttered thinking; calm the emotions; quiet fears and doubts; make room for Spirit to shine through in all its wise, serene splendor. Spirit is the powerful adjuster of all man's affairs. The all-knowing Mind quietly takes over and controls every situation, harmonizes every relationship, if we will let go and allow it to do so. "I will go before thee, and make the rough places smooth."

Man was given control of his thinking. He may choose which influence to accept, the outer with its tension, pressure, confusion, doubt, and fear, or the inner, which is the universal, all-knowing and per

fectly adjusting power. The former brings unhappiness, sickness, and the like; the latter brings contentment, good health, and peace of mind. Emerson tells us, "Place yourself in the middle of the stream of power and wisdom which animates all whom it floats, and you are without effort impelled to truth, to right and a perfect contentment. . . . and the heaven predicted from the beginning of the world, and still predicted from the bottom of the heart, would organize itself, as do now the rose and the air and the sun."

"Real action is in silent moments." In silence and quietude all lovely and worthwhile things come out of the invisible into visible manifestation. The oak tree in inner silence grows from the acorn; lovely flowers unfold in beauty within the silent seed in the dark earth. A beautiful picture could never be painted, a grand symphony could never be composed, an inspired poem could never be written except by silent, creative, illumined thought. The invisible is teeming with life, shining with beauty, and singing with joy all around us, but it is only in silent, thoughtful moments of listening that we are able to catch glimpses of this radiance. Never can it reach us through the outer turmoil of material living; we have to let it shine through our consciousness from the divine inner realm.

From this inner realm comes also, quietly and sometimes almost imperceptibly, our spiritual growth. Suddenly one day, after some quiet thinking and taking stock of ourselves, we may say "Thus hast thou done, but it were better thus," and we begin to change a not-so-good habit for a better one,

an erroneous attitude for a truer one, a negative line of thought for one more affirmative. Therefore, when we allow ourselves time to think and to listen to the "still small voice" of Spirit within us, we evolve upward to a higher plane from whence we become more conscious of the spiritual beauty always around us waiting to be recognized.

It is not always realized that Jesus left a will when He passed out of the people's sight. In that will He thought it necessary only to bequeath one priceless gift. He did not leave riches, fame, or power. These, He recognized, were from the outer world and were changeable, insubstantial. His one legacy was peace. "Peace I leave with you; my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be fearful." This is the most comforting, the most beautiful gift ever bequeathed to man!

However, a gift is meaningless unless it is recognized and accepted. An inheritance of a million dollars may be held in a bank forever if not claimed. And how do we recognize and claim this precious gift from Jesus? Certainly it is not to be found in the outer, or in the midst of worldly influences. It is a gift, held in escrow as it were, in the kingdom of God within man, in the "secret place of the Most high," and man needs to go within himself and claim his inheritance at that point, then, when the inner peace has been recognized and claimed, it will flow through and make itself known and felt through his mind, his heart, his emotions, and through all his affairs.

Man has all Truth, beauty, and peace. The

Creator sets no time limit on man's spiritual growth. God-Mind sees man as perfect now and eternally. It knows the pattern created by itself in the beginning. It could not create anything unlike itself. It also knows that man's only need is to learn to recognize and uncover this divine pattern, this perfect idea. For this very reason man was endowed with full control of his thinking. He was given his mind, a wonderful servant created with the ability to carry out his every conscious command. Man learns through the results, some good and some poor, of his chosen thinking, and uncovers a little here, a little there of the Creator's picture. Thus man rises higher and higher in his evolution from sense to reality, from the darkness of uncertainty to the light of confident conviction of his own eternal divinity.

If we think we are lagging behind in this matter of spiritual growth, not making the progress we think we should, there is no need to feel hurried or pressed or discouraged. The inner man cannot be pushed or hurried. It is serenely concerned with quietly expressing more and more of the nature of God. From the beginning of time this has been so, and will be throughout eternity. Work with the inner, always. Never allow the outer to become a cause. It can never be anything but an effect. Spirit is the only cause and creates its own effects serenely, peacefully, and in divine order, if we choose to allow it to express freely through us.

"Spirit can do things for us only by doing things through us." Spirit cannot accomplish much through a cluttered, confused, anxious, or fear-filled mind.

"Be still, and know that I am God." The gift of peace comes to us in the silence, in response to our quiet, determined seeking and trustful expectancy. Let us stop our fretting and anxious planning, and leave the channel of thought and feeling open so that this priceless gift may enter into our heart and mind, and become a part of us.

I came across the following wisdom, "The really important: always the peace and greatness of your own soul. . . . After you have considered the greatness of God, write over the name of everything else '*It* Does Not Matter.' . . . Nothing can injure you unless it first trouble you. . . . Live for your own soul, God-centered, and then from that center, all the good working and all the good living of your life will get itself done, and well done."

Spirit within man is eternally present, eternally active, but eternally serene and peaceful, and within this serenity is power, power to adjust, to bless, to prosper, to heal.

Claim for yourself your gift of peace!

Life can be built over, from the very core. When the inner begins to change the outer will soon register signs of that change. When the inner has been wholly refashioned it will express itself, even as the old inner has expressed itself.

Keeping the heavenly ideal is all that finally matters. God is pledged for the issue. He can no more desert us than He can desert Himself. Therefore let us thank Him and take courage.
—IMELDA OCTAVIA SHANKLIN

Life's Supreme Privilege

In prayer we give ourselves utterly to God, practice His constant presence, draw our needed supply, find comfort, life, light, and energy.

WE ARE VERY APT to think of prayer as an obligation rather than an opportunity, and as a set device that we must use in order to move Deity to grant us our minor material requests. We look upon it as a duty to be performed, as something that God expects of us. We reduce it to a stereotype and it becomes merely a pious habit without life or inspiration, the repetition of a few hasty words before sleep overtakes us, a deferential use or custom once a week on Sunday morning in church, or the wishing of a pious wish as an occasional sop to conscience, rather than the vital and sustaining thing it should be. But to regard prayer thus is to rob ourselves of life's supreme privilege, which is fellowship with the divine, alliance with All-Good.

In the 63d Psalm David takes quite another view of prayer. To him it is a matter of joyous friendship with the Creator, an act of adoration. He says in substance that because he finds God's loving-kindness better than life itself his heart is full of praise. He does not reduce his prayer, as so many of us do, to a mere recital of private material wants. Night and day his joy in the divine presence expresses itself in thanksgiving for God's help, because he finds that God's right hand upholds him.

Not a duty to be perfunctorily performed, not a
obligation to be met and got out of the way, no
God's gifts; but God Himself, a joyous opportunit
to bask in the friendship and glory of the Mos
High—that was what prayer meant to David.

Fellowship with God implies something mor
than many professedly religious people of credulou
and literal minds conceive it to be: church suppers
clubs, guild meetings, and other such activities,
pleasant fraternizing for social purposes! It implie
something more than using God only as a last re
resource in trouble, as someone to be turned to onl
when everything else has failed and we are in a
extremity. To regard God thus is utterly to miss life'
supreme privilege: intimate communion with Hi
infinite goodness, divine power, perfect peace, an
ineffable beauty; a daily drawing of strength fron
Him through prayer. More than that, there is a vas
difference between prayer *per se* and merely "saying
prayers. Real prayer implies communion with a
unseen presence, an uplifting of the heart to the Fa
ther in absolute dependence on Him. Saying prayers
using a mechanical repetition of verbal forms, is
matter of cold habit, an unexciting act that sets aligh
no altar fires of human worship or devotion. A larg
majority of people regard God as a far-off being i
whom they dimly believe and whom they ignorantl
think they serve but with whom they have no in
timate dealings or relations. They do not find i
prayer any light for the mind or sustenance for th
material body. Many even regard prayer wistfull
as some sort of impossible magic. Real prayer fo
them is an unknown quantity, for prayer implie

ellowship, an intimate access to our best friend, our enefactor, protector, and defender, the Most High n prayer we give ourselves utterly to God, practice His constant presence, draw our needed supply, nd comfort, life, light, and energy; it is the personal relation of a mortal to his immortal Creator. Think of the fellowship voiced in that one sentence f the Unity prayer of faith:

"God walks beside me, guides my way
Through every moment of the day."

This suggests dependence, intimacy, trustful love, rayer in its truest sense; friendship with God.

Now a friendship must have two to form it. If nyone offers you his hand to shake, the pact is not onsummated until you respond, accept it, and take into your own. So prayer is accepting God, forming a fellowship with Him by means of which we ive divine power opportunity to function. This neans that we must be attuned through obedience o the will of God, we must accept Him; otherwise, He cannot be the friend to us that He wishes to be. Perhaps there is no part of the Lord's Prayer that is nore misunderstood than that which voices the asiration of obedience: "Thy will be done." We reeat those words with a feeling of resignation, of egretfully relinquishing our own will to that of God, since it seems that He demands it of us. But his is a woefully mistaken notion. Not resignation ut fulfillment should inspire the words "Thy will e done." For God wills only absolute good for us f we will but co-operate and let Him work His will erfectly in and through us. With our partial knowldge and shortsightedness, our narrow outlook and

stubborn self-will, we ourselves are utterly unfitted to decide what our own highest good is. But by obediently trusting the providence, wisdom, and mercy of All-Good, we may be confident of only the highest good coming to us. Indeed, what appalling results would follow if all our unwise and ignorant requests were granted! Therefore, our exclamation should be a jubilant one: "Not as I will, Father, but as thou wilt! Thy will be done; for it cannot be other than good." We surely want only that good to be manifested which God designs for us; and not knowing what form it may take or how it may be brought about—though still confident that it is to be ours—we trustfully and thankfully relinquish our own will and ask that God's will be done. If we would know the real meaning of prayer, we should substitute praise for petition, joyous obedience for resignation.

Next to an attitude of thankful obedience, there is a need that our approach to God shall be duly reverent. God should not be lightly approached. The Psalmist says, "Jehovah is in his holy temple: let all the earth keep silence before him." There is awe in the realization that we are addressing the almighty creative power that, however indefinite or intangible, has brought us and everything else visible and invisible, into being. We must not expect fully to comprehend that infinite power. We cannot make a peck measure hold a bushel. But we can be sure that to the limit of our capacity to open our heart to Him reverently and receive, God is ever present and will flow into us. In the act of prayer we deliberately open our consciousness to thi

fact and invite Him in, accept His friendship, and commune with Him.

The Lord's Prayer, which is our highest pattern, embraces all forms of prayer: adoration, confession, consecration, petition, and thanksgiving. The first is adoration, a sort of tuning up before the petitions begin: "Give us." "Forgive us." "Bring us." "Deliver us." We open by addressing Him as "Our Father," our maker, almighty and eternal, everpresent, all-harmonious Spirit. We strive to get the realization of that hallowed and hallowing presence first; to realize that His kingdom is within. Then we express the desire that His will, infinite good, shall be accomplished in and through us, here in this material body, in this material world, just as it is perfectly done in the spiritual kingdom of absolute harmony and Truth. Following the petitions, the last constitutes the acknowledgments, the thanksgivings: "For Thy kingdom is a spiritual one: For thy power is infinite and inexhaustible: To Thee be given all praise and gratitude throughout all eternity." The very essence of true prayer is realization. It is prayer itself: Realization—adoration—appeal—acknowledgment—communion: the pearl of great price, life's supreme privilege—speech with God!

In its last and simplest analysis, however, prayer is desire. Petition forms an integral part of every prayer; not, of course, the ignorant, unspiritual effort to bend God to serve some external material need, which is its lower form; but the petitions that well up out of our deep need for His wisdom, power, and love. We are exhorted to petition Him: "Call unto me and I will answer." "Ask, and it shall be

given you." "All things whatsoever ye pray and ask for, believe that ye receive them, and ye shall have them." Prayer does bring results when the petition is right. But let us make our petitions large and worthy of His granting. Alas! too often we make our prayers depend on the granting of small material requests. But the highest prayer is an act of adoration. We should not make supplication a substitute for devotion. Could we see the childishness, pettiness, and poverty of many of our petitions, we should often be ashamed. Neither should we be spasmodic, easily discouraged, or unwilling to await God's pleasure in answering. Let us rather be patient, persistent, and unceasingly eager in our importunities, for such prayer is answered.

Let us also strive to be genuine as well as reverent and obedient. Formal petitions are not prayers in the best and truest sense. Sometimes we have covetous desires that we ask God to satisfy. But our pious supplications addressed to the almighty ear do not disguise from Him the mean and selfish motives upon which we are asking His blessing. God reads our heart. To expect Him to intervene and change events according to our desires would be to make Him arbitrary. We must make our prayers intelligent and humbly dependent on the divine will if we would make them genuine and sincere.

But perhaps the principal reason why we do not make the most of this supreme privilege of prayer is because we do not love God enough. Lackadaisical desires do not prompt any importunate petitions; and we do not love supremely because we have never learned how. We have no actual

comprehension of the meaning of recognized connection with divine power. We say, "How can I love something so intangible, so unknowable?" Well, love for God is not merely an emotion; it is something deeper and stronger, an obedience to duty, a hunger for righteousness, a desire for the infinite goodness, perfect peace, supreme joy, and ineffable beauty to be found in His presence. It wells up in the soul. That is love. When you love anyone thus, you do not have to force yourself to seek him out or to talk to him. You do so eagerly, enjoyably. Love for God is an importunate desire for fellowship with Him, for communion with the spiritually unseen.

One of the most acute needs is a more vivid sense of the reality of this unseen power that we call God. For it is a reality, however little we may understand it, however dimly we may recognize it. We do not understand the force we call electricity, we only see its effects; but we learn how to manipulate it and turn it to our uses. I do not in the least understand radio or television. It is a vast mystery to me how a person speaking in a distant state can be plainly heard and seen by me in the privacy of my home. Yet that it is possible I do not doubt. I have witnessed the demonstration. So it is with divine power: a spiritual something infinitely more tenuous and more subtly forceful than electricity, a potent energy capable of healing me in every nerve and cell and fiber and tissue when I connect with it. How do we connect with it? Well, when we wish to connect with electricity for light, we press a button to turn on the current. We do the same when

we want to connect with that higher force or power which is divine, to ultilize the current of divine power—we pray. "Draw nigh to God, and he will draw nigh to you," the Bible tells us.

To find God in the common tasks of our everyday life, to draw strength and power from Him daily and hourly; to share His life consciously and willingly; to renew ourselves continually in body, mind, soul, and spirit by this life-giving communion; to become in Him the perfect image of a spiritual son of God—this it is which makes prayer life's supreme privilege, and friendship with God the pearl of great price.—*Grace Irene Carroll*

The Friendly Heart

Eleanor Halbrook Zimmerman

The friendly heart goes all the way,
Nor counts the rigors of the road
However long may be the day
If it may lift another's load;
It has a gleam of cheer to light
The darkest corners, and its praise
Shines like a beacon clear and bright
Amidst the hurry of our days.

From fountains deeper than its own
It lifts a full and brimming cup
Of love and kindness where the lone,
The sad, the stranger, dare to sup,
And higher than the vaulted skies,
And deeper than the earth's green sod,
More dear than all the wealth we prize,
The blessing that it has from God!

"Don't Fence Me In"

JESS McGUIRE

YOU MAY REMEMBER the once popular song, "Don't Fence Me In." I have long since forgotten the words and the music, but the title made a lasting appeal to me. It was my cry of hope and rebellion against conditions that seemed to be fencing me in from all directions: economic, political, industrial fences coming closer and closer.

Through the years I directed my plea, "Don't fence me in," to everyone but myself. I thought I yearned only for the wide-open physical spaces, but much more than physical spaces were involved: Around me were mental fences that I alone had built.

Such mental fences are of our own making. We can fence ourselves in miles and miles from any physical fence, or we can be completely free in crowded, congested areas where physical fences are all about us. A triumphant and freeing aspect of our human nature is summed up in the familiar lines,

"Stone walls do not a prison make,
Nor iron bars a cage."

However, the binding, imprisoning aspect of our nature is that it does not take stone walls or iron bars to fence us in. It is a well-known fact that we have the capacity to build invisible fences that are far stronger than those made of wood, stone, or steel.

There are countless ways in which we fence ourselves in with invisible fences. We fence ourselves in with our self-pity, with our greed, with our fears,

with our hostility that comes out in our readiness to belittle others; with our nagging, with our holding on to grudges and prejudices. We fence ourselves in when we resist change, when we refuse to leave our selfish shell, when we refuse to give up the lesser for the greater. We fence ourselves in when we blame conditions or other persons for our unhappy lot in life.

This experience of a boy illustrates how unreal fences can be. He was sent out before sunrise to let the sheep out of the barn. He opened the wide door on the barn and then he went inside to let the sheep out of their pen. He watched the old ram lead the flock toward the large open door, and he was about ready to go back for his breakfast when the flock of sheep came to a stop. The boy looked ahead to see that the old ram had halted just before going through the open door. He was unable to get the ram to go through the door and, working his way through the sheep to the ram, he could see why. The sun had just risen and was shining through a knothole in the east wall. A long ray of sunlight was projected across the open door, and in the dusty air looked like a solid yellow bar. The ram refused to go farther; he had fenced himself in.

This is the kind of fencing we are talking about. The fact that nothing more resistant than a shaft of light blocks our road to freedom makes our fence no less real to us. To varying degrees we have built mental fences around us; to us, real fences that halt us in our search for the Truth that frees.

At times we can catch ourselves in the act of fencing ourselves in. Of course, we are not to go around

prying on ourselves, but we are on the way to learning the truth that sets us free when we realize that what holds us back is a barrier more like the shaft of harmless light that fenced in the ram than it is like a real solid metal bar. Each time we have glimpses of the Truth that sets us free, we become more ready to suspect that other fences between us and our good are not as insurmountable as they appear to be.

We fence ourselves in when we look down on other people, think that they are intellectually immature or inferior, and thereby lower our thoughts and actions to their presumed low level of understanding. I knew a man once who defined a friend as a "person that is always around until you need him." He said that all friends were just fair-weather friends. By his own thoughts and actions he fenced himself in. He was nothing but a fair-weather friend himself. If anyone tried to be a true friend to him, the man blocked the attempt by his cynicism. The persons he had known for years and had called fair-weather friends were really only strangers, for they had been unable to tear down the fence the man had built around himself.

We whose goal is to follow the teachings of Jesus must tear down all our mental and emotional fences and move out of our small world. For the Christ life requires us as free children of God to move out of our limited mental space into the wide-open spaces of God's infinite love. It requires us to tear down our mental fences of hate and greed, to have love for all. "A new commandment, I give unto you," said Jesus, "that ye love one another."

The price we pay in human suffering and unhappiness because of our mental fences is so great that it raises the question, "How can we tear down these fences that separate us from God?" Surely Jesus made this clear in His teachings and in His life. May we briefly consider two of His instructions in our fence demolition campaign. First, that of being "born anew"; and second, that of seeing our true perfection, of seeing ourselves as God sees us.

Physical birth means our entrance into this physical world, into an environment that holds both unlimited threat and unlimited promise. Jesus gave us the latter, "Ye therefore shall be perfect, as your heavenly Father is perfect." To express this perfection, we cannot fence ourselves in; we must move out of our narrow emotional corner and develop our God-given abilities. We desire this, but another part of us continually tempts us to fence ourselves within a known physical and mental environment wherein we can feel secure, and from which we do not choose to move even for the sake of our growth into promised perfection. The spacious world outside our established reputation, convictions, and loyalties looks too dangerously spacious for us to venture into it. So we build our fences even higher, to protect us from the world, but at the same time we fence ourselves off from our divine good and freedom.

We must choose to tear down our restricting fences. Only as we venture toward our good and accept challenges for growth, do we experience the rebirth that comes from entering a new environment with its new opportunities. We set ourselves free

by accepting our freedom to be born into new situations, to be born into new relations. If we keep our fences up, if we refuse to be so born again into the unlimited reaches of the spiritual world, we will never be free. Jesus said, "Ye must be born anew."

Our second consideration in tearing down our fences is to see ourselves as God sees us and to rise above all mental fences we have built around ourselves or others. Physical fences can be a real barrier while we are on the ground, but up in an airplane these fences appear to be only harmless lines and no barrier at all. I remember a certain fence around the university football stadium. For several years we kids in grade school combined our brains and skills to get into the games, but the fence always kept us out. Some years later when I was doing a little flying, I would fly over this fence at several thousand feet elevation, just for the feeling of superiority I received. I was then above it, and it had no power over me.

Possibly this is one reason why the affirmation, *"I see myself as God sees me,"* appeals to many of us. In a more lasting way it places us above our mental fences. It tears them down, for God does not recognize the fences we build around ourselves. God does not see us fenced off as a saint or a sinner, fenced off as healthy or sick, fenced off as Hindu or Christian. God sees our true being, His very own spirit of wholeness and freedom. God knows that our fences are not lasting, that eventually we shall see ourselves as He sees us with all our fences of fear, hate, and greed torn down.

Every time we affirm in faith believing, *"I see my-*

self as God sees me, whole, perfect, and free." we tear a board or two from some mental fence. Every time we venture out of our old, limited mental world into the wide-open spaces of God's infinite love, we tear down another board.

The Christ gift to us requires unrestricted mental and spiritual areas, unfenced areas, in which we may grow, develop, and express our perfection. It requires the infinite spaciousness of God's love. It requires us to tear down our mental and emotional fences. It is continually saying to us, "Don't fence me in."

Let us heed our inner guidance. Let us renew our desire and efforts to tear down all fences that separate us from God. Let us be born anew, again and again into new situations and new environments, and grow and develop through their challenges and rewards.

See yourself as God sees you, whole, perfect, and free: free of all fences, free with the freedom of Spirit within you.

Tear down all your mental fences. Let nothing separate you from conscious realization of your oneness with God. Gratefully and joyously heed the cry, "Don't fence me in!"

Every event in life will become an obstacle if we take it in the wrong way; but it will become an opportunity if we take it in the right way.

—SELECTED.

Have Patience with God

A TRUE EXPERIENCE

CLARICE NELSON

ONE MORNING Alice, my young neighbor, came over. Immediately I noticed that she was terribly disturbed, for her eyes were brimming with tears and her voice shook as she said,

" 'It never rains but it pours' and this deluge is the granddad of them all."

I did not smile, though it was hard not to, for she looked as bedraggled as if she had run across our lawn in a drenching downpour, whereas the sun was shining brightly on this early April morning.

I said, "Well, sit down and take off your wet shoes."

She sat down but she did not smile. "It isn't funny. Not by a long shot. Bob was laid off his job today."

"Well, drowning yourself in fear isn't going to reinstate him, and it could be disastrous. What will he and the four children do if you don't keep your head above water until the deluge is over."

"If it gets over."

I sat down across the table from her. I knew very well it was not funny, but in my opinion a "sad sack" never helped anyone. I realized that Alice needed a helping hand, and moaning with her was not the way to help her.

I knew about some of the recent troubles of this very deserving couple. Alice was a wonderful young

woman, a good wife and mother. Also she was a good housekeeper, an excellent cook and manager. Bob was honest as the day is long, devoted to his family, and a hard worker. Both were Christians and attended church.

Last summer while they were returning from an inexpensive camping trip Bob suffered a heart attack. Fortunately they were only a few miles from home. Alice ran to a nearby service station and called their doctor and an ambulance. Bob was in the hospital several weeks, and more weeks at home before he was allowed to go back to work. Alice went to work in the cafeteria of the nearby school where her children attended classes. She worked until the Christmas holidays when the cafeteria was closed permanently. She felt that her working had helped them through the financial crisis until Bob was again supporting the family. Things had gone along smoothly until today.

Scornfully she said, "Just like people. Kick you out if you don't work yourself to death. Because Bob had a heart attack the big boss says he is not capable of doing the work."

I said, "Who are you depending on to solve your problem, Bob's boss or God?"

She almost snorted. "Not that money-grabbing, slave driving big boss is for sure."

"Then?"

Suddenly she dropped her face in her hands and sobbed. I knew then the tension of desperation had loosened, and we could discuss the situation freely. She said, "Nor is God helping. I have prayed and prayed——."

I broke in, "When did Bob tell you he was to be laid off?"

"Last week. As soon as he knew the bad news." Then the words came tumbling out, "I prayed and prayed that his boss would reconsider. You know Bob is in his forties; his job is more or less specialized; he had that heart attack; he can't work as hard or do overtime. There aren't many jobs of his kind in town, and they are all filled——."

I cut in again, "Have you had patience?"

She looked at me blankly. "Patience? With whom?"

"With God."

She looked even more blank. "Patience with God? I never heard of such a thing. I thought it was God who was patient with us."

"He is. But we have to be patient for God's will to work for us. Many prayers are not answered because the one who prays can't wait for the answer in God's own time and way. In James 1:3 it says, 'The proving of your faith worketh patience . . . let patience have its perfect work, that ye may be perfect and entire, lacking in nothing.' "

"Is that what Unity teaches?"

"It does. But remember I'm quoting from the Bible. Also it says 'Let him ask in faith, nothing doubting.' I don't think you have had undoubting faith that the boss would keep Bob, have you?"

"No," she admitted, "but I don't know when or where Bob will find another job, nor where I can get one until he does get work. I was lucky last autumn. It takes money to feed, clothe, and house a family of six."

"I'm very sure that God knows our need before we call. He is always willing and able to answer our call for His help—provided we do what He tells us to do."

"What does He want me to do?"

"The Bible says, 'Let us hold fast the confession of our hope that it [faith] waver not; for he is faithful that promised.' I know you have faith in God, Alice."

"Of course I do. But it is hard to know what to do when one is so confused with things that just happen out of a clear sky. It's like a deluge—it just swamps us."

She was back to the deluge again. I said, "Storms do not come out of a clear sky. They have their God-given purpose. Wouldn't it be a terrible thing to live where the sun shines every minute of the day? No fresh rain to make all the green things grow and the flowers to bloom. It would be a barren, desolate spot indeed. As humans we also need rain, at times a seeming deluge to us. Like vegetation we need it to grow and develop. Also did you ever hear of a storm so terrible that the sun never shown again. Always the sun shines again. We can always depend on that."

She smiled then, truly smiled. "That is true. I feel much better. Can you tell me exactly what I must do?"

"I can't," I replied, "but words written long, long ago can give you the exact law: 'For ye have need of patience, that, having done the will of God, ye may receive the promise.' The will of God is to tell Him your need, ask His help, believe, and He

will answer. Be patient, wait on His time and way, not yours. His way is always the best way. For you and for all of us."

Alice said, "I will ask God to help us. I will have perfect faith that He will. I will have patience. He will answer my call at His time and in His way. His way is best for us."

"You do your part, and God will do His without fail."

She jumped to her feet. "My goodness it is time to fix lunch for my hungry brood." She hurried to the door, then turned and said, "I wish you'd look at the sun shining. Not a cloud in the sky. Thank you." And she was running across the lawn.

In the month that followed, Alice and I visited back and forth as usual. But neither of us ever mentioned the talk that we had had. She was gay, always singing snatches of song as she went about her work. Sometimes Bob was home, sometimes not.

I was out of town the fifth week. Saturday when I reached home Alice came running over. Her face was glowing. She said, "I did my part. God kept His promise."

"He always does." I smiled.

She continued: "Last Thursday the manager of the largest department store in town called me. He said they are opening a snack bar in the store and that I had been highly recommended to him by the manager of the cafeteria where I had worked. She said I was an excellent cook, good manager, and had a pleasing personality. He wanted to know if I would accept the job as manager. I said I would before I thought how I would manage about the chil-

dren. I asked God about that. Now listen to this: That night a man who has known Bob for years, came over. He said he was losing his man who did the kind of work that Bob does; he was moving to another town to open a shop of his own. He offered Bob the man's job at more salary and shorter hours than he had at the other place. Isn't that wonderful?"

I agreed.

"But that isn't all. This morning I had a letter from my brother. He is in the Army and is being sent to Korea. He asked if his wife and baby could stay with us for the time he is gone. It was an answer to my call about the children. His wife is a darling; my children love her, and her baby will be a happy addition to our brood. I called her this morning by phone. They are so glad that we want her to stay with us for so long a time. I told her she was an answer to my prayer. She said she'd love to care for the children and I needn't worry about them while I am at work. All of it is just perfect. I did the will of God. He did what He promised. You are so right. Humans need rain too, even a deluge. It gives us faith to pray, patience to wait, and strength to develop. I'll never be afraid in a human storm again. I know my guide to shelter. And if God is with you there is no need to fear."

"And He is always with us—'nearer than hands and feet.' "

"If you do your part He will do His. Isn't it wonderful?"

"Yes," I replied, "it is the most wonderful thing in human experience."

Tools for Mountain Moving

FRANCES PAGE BROCK

MANY PERSONS have mountains that they wish were removed, but the mountains are not of earth and rock, and they cannot be removed by graders, bulldozers, trucks, and heavy equipment.

A mountain may be an unhappy past that keeps returning to trouble us. It may be a mountain of shyness and a feeling of inferiority. It may be a mountain of fear or lack of purpose. In every case, our mountains must be removed by the realization of God's availability through our prayer periods and times of meditation. We can think of our prayers and affirmations of Truth and periods of meditation as tools for mountain moving. These tools pull us up and out of trouble when we are mired in seeming negation or limitation. Our prayers lift us up into the Christ consciousness, which we must attain if we are to move our mountains.

Charles Fillmore has written, "A daily half hour of meditation will open up the mind to a consciousness of the inner One and will reveal many things that are hidden from the natural man." A half hour spent in this way will reveal to us the perfection of the indwelling Christ. It will disentangle our thoughts from every seeming problem, and let in a flood of divine light.

Affirmations of Truth are most effective for establishing new thought patterns in our subconscious

mind. Very often unconscious, limited habits of thought are lodged in the subconscious phase of our being and cause experiences of limitation in our life. Through conscious effort to abide in Christ we can build up new and better ways of thinking and doing. Sometimes we need to pray before the right, healing affirmation will come to us, but when we have it and use it faithfully, we can be sure that it will move mountains of seeming negation.

Have you ever watched a house being built, or seen a road being constructed through a town or across country fields? Have you noticed that every active physical effort given to the building process moves the work forward to completion? When you begin to move your mountain, it takes consistent work if you are to accomplish your goal. You cannot waver. You cannot pray today, affirm one good Truth statement, and then expect the results to come of themselves. You are an instrument of God, a channel for His good to work in and through, and it is up to you to be steadfast in order to bring about the desired results. And then "Thou shalt rejoice in Jehovah, thou shalt glory in the Holy One of Israel."

Therefore, make up your mind to remove whatever mountain is annoying, painful, or blocking your pathway of spiritual growth.

We cannot work out our problems until we have adjusted our thinking by beginning in an orderly fashion. We place our faith and attention on the desired manifestation, and use our tools of prayer, meditation, and affirmation until we see in demonstration that which we have seen in Truth.

For some persons, the greatest mountain seems to be an experience in the past, perhaps the memory of an unhappy relationship of other days. In Truth we have one real and precious possession, the present. We possess only the present; it belongs to us. Today is the day to which we must give our thought and attention. Tomorrow will take care of itself better if we do our best today. Yesterday is gone, never to return. The past is a blessing to us if we see that each day, after it is gone, was a teacher; it taught us something that we needed to know in order to grow spiritually into today. That is all. There is no power in something that is gone, unless we give it power in our thoughts. If we do give power to yesterday, we must put God into our thoughts. We may say, "You, God, were with me yesterday, even though I did not know it. You have blessed each day for its good purpose, and now, I put all my faith in You today, and in this day as yours." We belong to God. He is with us throughout eternity, and we are truly like Him in our divine nature. This realization lets a flood of good into our consciousness. God yesterday, today, and forever. We have one real purpose in life, and that is to glorify God. Let us use our "now" in which to do this.

If fear of persons, places, or even the dark is a mountain to some of us, the best tool we can use is an affirmation of divine love. Affirmations of divine love will remove your mountain. Your fear will be transformed into trust and confidence. The Truth within your statements has power to cleanse your consciousness of fear, and to lift you into the

Christ consciousness of all good. The Truth has power to protect you in time of sudden seeming danger.

If your mountain is poor health, continual meditation on God's omnipresent life within and around all things will soon give you strength, lighten your thoughts, and begin to dig away at your mountain of seeming lack of health. Your life is strong, vibrant, and limitless, but you must realize this Truth, and become one with the idea of divine life before you will demonstrate radiant health in every part of your being. God's good comes to us in the form of ideas. It is necessary to look beyond the manifestation that you desire to the spiritual idea that it outpictures and to become one with it. Let it fill your thoughts and activities, until you make a perfect demonstration.

God wants us to grow strong in Truth. It is the divine will that we realize and demonstrate our Christ perfection. It is God's will that we let the Christ nature shine through and rule in our individual ongoing. If our individuality is to be expressed, if we are to demonstrate the wholeness of the Christ, we must think of every problem, every sorrow, every seeming lack in our experience as a challenge to lift our thoughts to God. We must use the tools that we have in order to reach God and become one with Him.

Jesus gave us the Lord's prayer. Prayer to a supreme, loving Father is our most powerful tool with which to face our problems. In prayer we begin to see ourselves and our world as God sees them. We discover that our troubles are changing and

powerless because they have no source except our own belief in them. We pray to God, just as Jesus did, and we begin to see that our prayers can become moments of praise and thanksgiving to an all-wise, infinitely understanding Father-God, who has already given us so much more than we have asked for. Our prayers strengthen our faith in the kingdom of heaven.

After long periods of meditation Jesus gave us many examples of the power of the Christ. We do not need to meditate for long periods in order to feel refreshed and renewed in mind and body. We do not need to shut ourselves off from the world for long periods in order to meditate on the nature of God and His kingdom, because we may reach God in the silence and find rest and renewal if we take time daily for short periods of prayer. During even the busiest day we can set aside a half hour to meditate; perhaps when first arising in the morning; perhaps just before the dinner hour, or before retiring at night. Meditation will be easy for you if you are determined to grow in spiritual things, and to remove your mountain. You will have more time to spend with God than you need once you have begun the work of harmonizing and adjusting whatever is troubling you. When peace, joy, and harmony begin to fill your days, your thoughts will turn to God more easily and lovingly.

We can use affirmations that are helpful to us as we go about our work. We can silently hold to words that keep steady our faith in God. Affirmations of Truth used constantly are mighty tools for mountain moving. In our home, in the garden, to

and from work, or during meals we can silently affirm a Truth statement, and then be amazed by the wonderful outworking of our faith-filled thoughts.

God wants us to remove our mountain, and He is with us to help us all the way. We are all potential mountain movers; so let us begin today to remove our mountain and cast it into the sea of nothingness forever.

"Behold, I have made thee *to be* a new sharp threshing instrument having teeth; thou shalt thresh the mountains, and beat them small, and shalt make the hills as chaff. Thou shalt winnow them, and the wind shall carry them away, and the whirlwind shall scatter them; and thou shalt rejoice in Jehovah, thou shalt glory in the Holy One of Israel."

AWAKE

I am awake!
Awake to the loving power
That lives in every hour;
Each day no new beginning
But just a further winning
Into consciousness of growing
Soul wise and God knowing:
From the wells of life I drink.
No longer do I think;
I know as I partake
I am awake.

—*Hallee Cushman Henderson*

I Meet My God in Silent Prayer

from the writings of

CHARLES FILLMORE

Illumination: I let the love of God guide me and I am wise, patient, and understanding.

Prosperity: I let the love of God work through me to establish order and prosperity in my affairs.

Healing: I let God's love flow through me, calming my emotions, freeing my mind, and healing my body.

INSTRUCTIONS: To receive the greatest help from these lessons remember the words of Jesus, "If ye keep my commandments, ye shall abide in my love; even as I have kept my Father's commandments, and abide in his love." We can let God's love shine in our heart if we will begin by thinking how much God loves us and expects of us. We become more patient and understanding in our relations with others. When we are tempted to lose our temper or say something hurtful to others, we affirm that the love of God is in our heart. Gradually we build such a firm foundation of love in our consciousness that we become masters over our thoughts, words, and acts.

Use these monthly prayers with the firm realization that God's love is truly healing, inspiring, and prospering you.

Among people who observe and think there is no question about love's being the greatest harmonizing principle known to man. The question is how to get people to use love in adjusting discords. Paul says (I Cor. 13) that love is patience, kindness, generosity, contentment. These are some of the working parts of love, but not all. The fact is that love is fundamental in every activity of life, not only in the spiritual and mental but in the mechanical and physical as well.

It is through this process of unfolding love that great souls are developed. Men are not created great but with the capacity to become great. Many factors enter into soul growth, some minor and some major, but a soul never attains supermind power without love. The reason why love is essential in a great soul is that love is the binding power, the factor so necessary to strengthening or fortifying the soul.

When like Jesus we have developed love for all things, even our enemies, then the body and all its elements become plastic to thought and we have all power in heaven and in earth.

In us who are followers of Jesus in the regeneration, which engrafts on the natural man the spiritual genius that causes him to develop superman power. it begins its work by inspiring us to do little things in love. From this doing grow larger capacities until we attain the full stature of the Christ man.

Develop divine love in your heart by affirming:

I let the love of God guide me and I am wise patient, and understanding.

Many who have found the law of true thinking and its effect, wonder why supply does not come to them after months and years of holding thoughts of bounty. It is because they have not developed love. They have formed the right image in mind, but the magnet that draws the substance from the storehouse of Being has not been set into action.

To demonstrate supply, we must think supply, and thus form it into the consciousness. We must conserve all the ideas of substance in the mind. We must vibrate the love center in thought, word, and act. Then there will come to us on the wings of invisibility that which will satisfy every need.

Always remember that love is the great magnet of God. Whatever you see for your love, that it will draw to you, because as a magnet it attracts whatever you set your desire on. To focus your love on money and the possessions of the material world will make you the slave of mammon, and will make your life a failure and a disappointment. To focus your love on anything less than All-Good will eventually cause you to fall short of your highest aspiration, and will keep you outside the kingdom of heaven.

When love has begun its silent pulsations at one's solar center, no one can keep one in want or poverty. From the invisible currents of the inner ether, love will draw to man all that belongs to him. God's love fills your heart as you affirm:

I let the love of God work through me to establish order and prosperity in my affairs.

The one who has made union with divine love through his inner consciousness, who lets it pour its healing currents into his soul and body, is fortunate beyond all description. Instead of envying another, he desires to show others the great joy that may be theirs when they have opened the floodgates of their love nature. Truly, "love envieth not."

The body is the instrument of the mind; no one has even seen his real body as it is in the sight of God, except through the mind. The body of flesh, bones, and blood that the eye of sense beholds is not the true body any more than the heart of flesh is the true organ of love.

The true body is an ethereal body, an indestructible body; the body of flesh is the grosser vibration that the sense consciousness beholds. The Spirit body is not absent or dead, but is simply inactive. When, through purification of his ideas and acceleration of his mental energies, man comes into sight of the real forces of Being, his whole body is quickened into new life, and the body of flesh responds. He does this work through the mind—by thinking right thoughts and doing right things also, because man is, in the ultimate, a unit, and the thinking and the doing cannot be separated.

Ask daily that love be made alive in you, that it take up its abode at your magnetic center, and make it alive with strong, steady pulsations of spiritual energy. Affirm with calm, sure love:

I let God's love flow through me, calming my emotions, freeing my mind, and healing my body.

Adventure in Spending

LONG AGO a wise man said, "Time is the most valuable thing we can spend." But most of us do not spend it; we waste it. Are your days and weeks bringing you the sense of satisfaction and enrichment you feel they should? Perhaps you, too, need to look at your time as precious wealth that you spend, seeing that it purchases the real prizes of life.

One woman found herself in a frame of mind that is quite common. She had been considering her day too short to do the things that she felt she must do, not to mention the things she would like to do. She felt that her work was hard and was accomplishing nothing. Constantly she had a harried, worried feeling that too much lay ahead of her.

She said she felt like a car whose motor turns over and over without moving the car out of its tracks, or like a squirrel in a wheel running to hold its place but getting nowhere.

The condition became serious. She found herself so distraught that she feared nervous disorders would follow. One day she picked up a magazine. "Be still, and know," she read. The words seemed to bring the first comfort she had known in months. She repeated them thoughtfully, trying to fasten their complete meaning in her consciousness. She was determined not to lose the first precious crumbs of comfort she had discovered.

Laying aside the magazine, she sat down and

closed her eyes. "Be still, and know," she told herself. "Know what?" asked her mind. "Why things are as they are" came the simple, yet profound answer.

She tried to see things as they were. She examined anew the feeling of lack of time that pursued her through the day, that robbed her of repose at night. "I have all the time there is," she admitted finally. "I have just as much time as the genius has in which to prepare his world-startling contribution."

She began to think what far-reaching meaning there is in the fact that each person is given the same amount of time regardless of how he uses or misuses it. She felt a surge of gratitude that, regardless of the hours and minutes misspent, there were always as many ahead, fair and perfect, awaiting her spending of them. She began to think of this precious material that is time, to see it as worthy of careful spending, more so than money. For given time, she knew she could bring into reality all the other benefits.

She thought about the things she had wanted to be a part of her daily life. She wanted her home to be comfortable and attractive for her family. She felt this to be her responsibility and she did not want other things at the expense of their comfort. "I know that a clean, comfortable home, with wholesome, delicious meals is a luxury from the standpoint of time," she admitted to herself; "but I want this luxury for my family. I feel sure I can become expert enough at it so that it need not take up more than its share of time.

"The important thing is that I don't want to stop

there." She echoed the old lines: "Is not the life more than the food, and the body than the raiment? Behold the birds of the heaven, that they sow not, neither do they reap, nor gather into barns; and your heavenly Father feedeth them."

She considered "the lilies of the field, how they grow: they toil not, neither do they spin." A picture came to her of the beautiful white lilies shaking out of their dew-filled, golden hearts the rich, fresh perfume. "Yet . . . Solomon in all his glory was not arrayed like one of these."

She recalled the visit Jesus made to the home of Martha and Mary, and His remark when Martha complained that Mary would not help with the serving but only sat listening to Him. He had said gently: "Martha, Martha, thou art anxious and troubled about many things: but one thing is needful: and Mary hath chosen the good part, which shall not be taken away from her." Jesus understood this deep, sincere spiritual need of every individual.

Yes, the woman decided she must have time for the growth of her spiritual and mental nature. She wanted to read inspiring thoughts; uplifting stories that would lighten her step and put the lilt of happiness in her voice, that would erase the two deep lines between her brows. She felt a hunger for this spiritual food. She could sympathize with and understand the one who spoke of selling a loaf of bread to buy hyacinths to feed his soul. She knew she needed such food, and some of her time must be spent in obtaining it.

She thought of her evenings with the family, when she was too tired to enjoy anything they talked

of. The late afternoon always found her irritable and on edge when the children came romping home from school. She thought only of hurrying to get the dinner over. Perhaps this too was the result of the way she wasted her time.

Next day she put a small notebook and pencil near her and began to record how she used each hour. She found her actual housework did not take as much time as she had claimed. The statement she made so frequently, that she was never done with it, was somewhat exaggerated. She saw that she frittered away much time during the day waiting for the family to come to meals, waiting for a telephone call, waiting for the telephone line that was busy. She saw that she wasted these fragments of time in fretting because she could not utilize the hours of her day with clocklike precision. She discovered that she had been at fault in the use of these numerous odd moments.

She realized for the first time how little she was allowing her children to do their part. It was easier and quicker to do things herself, but she had not noticed how this habit had grown on her. With a little training, which she knew they needed, they could be a real help, saving her steps and learning to do many useful things in which they could take pride. As she thought of it, she went to the basement and brought up a small box and put it near the sink. Now her four-year-old could stand on the box and dry the silver as he had so often requested.

She gathered together her unread Unity booklets and magazines and put them on a shelf in the kitchen, where she could reach for them easily.

Those odd moments were now going to mean the sharing of uplifting thoughts and experiences instead of a disgruntled waiting and the wasting of time.

As she thought of spending her time in this way, she experienced a lessening of tension. She felt more detached, as though she were watching some other and thoroughly capable person do the work.

As she experimented, she brought about a transforming change. Her record showed that she could do her housekeeping in a way that was satisfactory and yet escape that inefficient endless puttering. It took about sixty per cent of her time. She put into effect her plan of having the children take part. At first it was difficult to get them to take any responsibility however small, but she realized this was not their fault but her own. She kept at it patiently, and in time they not only took it as a matter of course but enjoyed it.

She had always loved to sew but had never had time for more than the necessary mending. When buying clothes she always complained that they were not finished to suit her, that the seams were not strong enough, that the buttons had all to be sewed on again or the children would lose half of them at the first wearing. She began to take an hour each afternoon for her sewing. The children's clothes and the things in the home soon took on little touches of handwork that testified to the cleverness of the homemaker.

Years before she had played the piano. Now she began to take twenty minutes each day to go to the piano. She started by picking out only the melo-

dies of old hymns that she had loved to hear her mother sing. Soon the daily practice began to limber her fingers; she began to read the complete hymns. The information she thought she had forgotten came flooding back. In the evening the children gathered about the piano with their friends to sing some of these songs with her.

She snatched fifteen minutes to lie down in the afternoon before the children came from school. She relaxed completely, holding in mind some of the inspiring thoughts that she had gained from her reading that day.

Formerly she would have scoffed at anyone who suggested that she had time for such things. She had been too obsessed with the thought that she could never get things done to imagine that she could spend time in needed rest and recreation, in close companionship with her family. She kept a record of how she spent her time. She could not evade the fact that she had before been neglecting parts of her living that were just as important as those which she formerly made her whole concern.

She liked to look over her jottings at the end of the week. It was very illuminating to see how she had used the week. She knew now that it was important for her to live a full and satisfying personal life. She saw that each person must live as an individual apart from his duties to others, that he can never be content until he recognizes and fills this need. She knew that she was a better companion in a happier home because of it.

Many of us are dissatisfied because we are not living at our happiest, the life most satisfying to us.

Has it occurred to you that the very fact that you feel this need is an evidence that you have in you the capacity for a better-rounded, more successful life? It is the worth-while, the progressive, the unused talent in you that creates this desire for more good. If you were using all your talent for living, there would be no such urge to break the bonds of monotony and low aim.

This feeling is lost when you consider yourself a wealthy person from the standpoint of time. We are all that! Time is our common wealth. The feeling that we have not enough time to do what we wish is an illusion. Not only is there plenty of time for us to accomplish what we desire, we can accomplish it just as easily as we can less desirable results. We are told that it takes no more effort to succeed than it does to fail. The difference is in us. The same time that one person uses to bemoan his hard lot, his lack of opportunity, his failure to "get ahead," another in the same or worse circumstances is calmly using to lead him to the success that is possible to both.

The road is not too difficult, for every effort is aided by the knowledge that this is the right road. One has only to stop lamenting, to let the dead past bury its mistakes. There is too much of today to consider. Today is different. You are different.

Today is yours in which to spend your time for a well-balanced life. It will be a life that shows progress in the learning of wisdom, in ability of performance, in attracting more friends and more delightful experiences.

We are comparatively sensible about spending

our money. We do not go into a store, order indiscriminately without asking the price, and then complain when it takes all our money to pay the bill. Yet we often find our time gone with little to show for it but a hodgepodge of things we did not want. We should refuse to be so easily cheated of the things time might bring that are of value. Time is ours to use as we will.

Try spending a little of your time each day in doing the routine jobs quickly and forgetting them. Spend a little in seeing the things that are beautiful to you. Spend a little in opening your ears to the song of the bird, the cheery chirp of the independent little sparrow, the laughter of children, the harmony of music.

Spend a little time actually enjoying the food you eat, the peace and security of your rest at night. Spend a little time doing a thoughtful act for a friend that matches the delightful surprise he sometimes plans for you.

Spend a little time thinking about what you are and what you want to be. Spend a little more time enjoying the pleasures and benefits of your present situation.

Spend more time for things of the Spirit. Only as we seek Truth do we come to understand and claim its riches. The kingdom of heaven was never forced on any man. The "Great First Cause, least understood": this phrase has sometimes described us all in our lack of understanding of God, the creator and preserver of life.

Let us spend more time in seeking a new vision of His wisdom, His power, His goodness, His mercy,

His justice, His Truth, His glory, and His eternity. Let us see them in their powerful effect on our life, in their perfect expression in the life of Jesus. Let us cherish with the poet MacDonald the longing for spiritual vision:

"Open our eyes, O loving and compassionate Jesus,
That we may behold Thee
Walking beside us.
Open our eyes, O loving and compassionate Jesus.
That we may see to follow Thee,
Jesus;
Jesus, our Saviour
And Redeemer."

Such moments cannot fail to hallow and bless all the other moments of our day. They become the spiritual yeast that quickens and increases the good bread of life.

When time is spent in such ways, the day can no longer be a grind. It is transformed into a series of appealing adventures. We look forward to them with an eagerness, a sense of spiritual security and serenity that is the crowning of a well-ordered life. Happiness and peace and joy were meant to be the legacy of every man. He inherits them by using the priceless blessing of time as a high adventure in spending.

God bless this day! Help me receive the good I know it brings.—*Kathryn Sanders Rieder*

Jehovah is my strength and song,
And he is become my salvation.
—EXODUS

Sunday LESSONS

These lessons point out the symbology of the Bible and interpret it according to the Unity teaching. Study with an open mind, and Truth will convince you. Bible text is taken from the American Standard Version of the Bible. Lessons are developed from outlines prepared and copyrighted by the International Council of Religious Education; both are used by permission.

Lesson 6, February 7, 1960

UNITY SUBJECT—*Speaking Truth in Love.*

INTERNATIONAL SUBJECT—*Persistent Evangelism.*
—Acts 18:1-11; I Cor. 2:1-5.

1. After these things he departed from Athens, and came to Corinth.

2. And he found a certain Jew named Aquila, a man of Pontus by race, lately come from Italy, with his wife Priscilla, because Claudius had commanded all the Jews to depart from Rome: and he came unto them;

3. And because he was of the same trade, he abode with them, and they wrought; for by their trade they were tentmakers.

4. And he reasoned in the synagogue every sabbath, and persuaded Jews and Greeks.

5. But when Silas and Timothy came down from Macedonia, Paul was constrained by the word, testifying to the Jews that Jesus was the Christ.

6. And when they opposed themselves and blasphemed, he shook out his raiment and said unto them, Your blood *be* upon your own heads: I am clean: from henceforth I will go unto the Gentiles.

7. And he departed thence, and went into the house of a certain man named Titus Justus, one that worshipped God, whose house joined hard to the synagogue.

8. And Crispus, the ruler of the synagogue believed

in the Lord with all his house; and many of the Corinthians hearing believed, and were baptized.

9. And the Lord said unto Paul in the night by a vision, Be not afraid, but speak and hold not thy peace:

10. For I am with thee, and no man shall set on thee to harm thee: for I have much people in this city.

11. And he dwelt *there* a year and six months, teaching the word of God among them.

1. And I, brethren, when I came unto you, came not with excellency of speech or of wisdom, proclaiming to you the testimony of God.

2. For I determined not to know anything among you, save Jesus Christ, and him crucified.

3. And I was with you in weakness, and in fear, and in much trembling.

4. And my speech and my preaching were not in persuasive words of wisdom, but in demonstration of the Spirit and of power:

5. That your faith should not stand in the wisdom of men, but in the power of God.

GOLDEN TEXT—*Be ye stedfast, unmovable, always abounding in the work of the Lord, forasmuch as ye know that your labor is not vain in the Lord.* —I Cor. 15:58.

SILENT PRAYER—*As I express the love of the Christ, the living essence of Truth is distilled in my heart, and I know God.*

Never before in the history of man has there been such a spiritual awakening as that which is upon us in the present day. We are learning that the gospel of Christ, which for so many years has been preached only partially, is not only for the saving of the soul, but is for the lifting up and spiritualizing of the body. In order that we may enjoy the fruits

of increased light and understanding, a conversion or transformation must take place in our consciousness. Conversion is more than the making of certain admissions or professions: it implies an entire change of one's feelings and a quickening of action in one's mental and physical forces.

The word of Truth first gains entrance to the mind through the intellect and afterward through the heart, where it arouses love. It has free expression in us when we are under the influence of exalted thoughts. "When Silas and Timothy came down from Macedonia, Paul was constrained by the word, testifying to the Jews that Jesus was the Christ." When fired with perception from on high, with zeal, and with fervor, Paul is pressed to proclaim that the I AM is the saving power. When Truth meets with opposition the word is lacking in love. Paul "shook out his raiment and said unto them, Your blood *be* upon your own heads; I am clean: from henceforth I will go unto the Gentiles.

"And he departed thence, and went into the house of . . . Titus Justus, . . . whose house joined hard to the synagogue." Titus Justus was evidently a Roman. One translator (Lamsa) interprets this verse: "And he departed thence and entered into the house of a certain man named Titus, a devout man whose household had joined the synagogue." In order to cleave to the Christ we do not have to make a radical change in our manner of thinking or living. We may be next door to our old established religious views, yet hold fast to the new understanding. We do not go back to the old or run away from it. The old must come to us—as Crispus, ruler of the syna-

gogue, went to Paul—purified and made over in the Christ likeness, before our entire being is encompassed by Truth.

Opposition and dissension tend to discourage a worker from continuing his undertakings. The Christ Spirit revives and encourages him to hold to his appointed course. While in Corinth, Paul had a vision in a dream that led him to go on with his work there. The consolation and encouragement it gave him indicate the fulfillment of the law of Truth in its work of regeneration.

The follower of the Christ who works in an adverse atmosphere or environment has one rock of defense on which he may stand unmoved. This rock is the Christ consciousness.

When guided by Spirit we are led to develop easily and naturally in Truth, under conditions that are most favorable. We should not be discouraged when we strike the barren places, nor should we waste our time in trying to quicken the localities that are at present too negative to respond. In matters of morals and the public welfare accredited officials should assume responsibility for action. In matters of inner conviction, each person must be his own judge.

QUESTIONS

1. What must take place in us that we may enjoy the fruits of increased light and understanding?
2. What does conversion imply?
3. When guided by Spirit, how are we led to develop?
4. Does the giving of our allegiance to the Christ entail a radical change in our manner of thinking or living?

5. What firm foundation undergirds the one who holds to the Christ in an adverse atmosphere or environment?

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Lesson 7, February 14, 1960

UNITY SUBJECT—*The Resistant Nature of Material Ideas.*

INTERNATIONAL SUBJECT—*Our Fight against Organized Evil.*—Acts 19:8-10, 23-28; 20:1-3.

8. And he entered into the synagogue, and spake boldly for the space of three months, reasoning and persuading *as to* the things concerning the kingdom of God.

9. But when some were hardened and disobedient, speaking evil of the Way before the multitude, he departed from them, and separated the disciples, reasoning daily in the school of Tyrannus.

10. And this continued for the space of two years; so that all they that dwelt in Asia heard the word of the Lord, both Jews and Greeks.

23. And about that time there arose no small stir concerning the Way.

24. For a certain man named Demetrius, a silversmith, who made silver shrines of Diana, brought no little business unto the craftsmen;

25. Whom he gathered together, with the workmen of like occupation, and said, Sirs, ye know that by this business we have our wealth.

26. And ye see and hear, that not alone at Ephesus, but almost throughout all Asia, this Paul hath persuaded and turned away much people, saying that they are no gods, that are made with hands:

27. And not only is there danger that this our trade come into disrepute; but also that the temple of the great goddess Diana be made of no account, and that she should even be deposed from her magnificence whom all Asia and the world worshippeth.

28. And when they heard this they were filled with wrath, and cried out, saying, Great *is* Diana of the Ephesians.

1. And after the uproar ceased, Paul having sent for the disciples and exhorted them, took leave of them, and departed to go into Macedonia.

2. And when he had gone through those parts, and had given them much exhortation, he came into Greece.

3. And when he had spent three months *there,* and a plot was laid against him by the Jews as he was about to set sail for Syria, he determined to return through Macedonia.

GOLDEN TEXT—*Our wrestling is not against flesh and blood, but against the principalities, against the powers, against the world-rulers of this darkness, against the spiritual* hosts *of wickedness in the heavenly* places.—Eph. 6:12.

SILENT PRAYER—*I do not resist my good. I open my mind to it, and no room for evil is left in my thoughts.*

The quality of our thoughts determines the character of our body. A vast difference exists between the one whose thoughts are grossly material and the one whose thoughts are on a high plane. The expression of the face reveals the kind of thoughts that are habitual to the mature person. The whole man is likewise self-revealing. In his essay, "The Over-Soul," Emerson quotes Confucius as having said, "How can a man be concealed?" He cannot, after his thoughts have crystallized in physical form. He who is quickened to perceive inner values reads honesty or hypocrisy, faith or skepticism, love or hate, benevolence or selfishness, and many another

trait in the faces of those whom he meets. Inevitably, a man is what he thinks.

In noting the influence of the mind over the body many factors are to be considered. Encouraging the thought that one is ill brings a feeling of illness. Thoughts of fear cause a depression of the vital forces and a shrinking into the self. Thoughts of hope, love, and happiness create a buoyancy of spirit that communicates itself instantly to the body.

Greed, miserliness, fear of lack, and other negative habits of thought depress the vitality and rob the body of its rightful contact with the universal substance that would otherwise build it up and keep it in perfect health. Such material ideas set up resistance in man's consciousness so that he cannot realize abundant life or limitless supply. His only hope of overcoming this resistance with its unfavorable reaction in his body and affairs lies in spiritualizing his thinking. As he learns to hold true ideas about man and God he finds himself improving in health as well as in fortune.

Paul's preaching of the truth of the Christ way of life at Ephesus supplied his hearers with true ideas of man and God. Those who heard him without prejudice were impressed by the truth of his ideas. The material ideas that they had held up to that time thereupon began to decrease in power and lose ground in their consciousness. Demetrius, the silversmith, represents the chief of the material ideas in man's mind, a material idea of substance. The business in which he was engaged, the making of silver images or shrines of Diana, and the labor troubles that he stirred up both show that his chief

thought was material gain, not the goddess as an object of worship. Demetrius materialized the ideal of Diana that the statue symbolized. Her worshipers regarded her as the impersonation of the vitality and power of nature, but to the silversmith she was merely a means of livelihood.

The true ideas that Paul introduced displace old, material ideas, such as Demetrius had, when they are kept faithfully in mind and allowed to control the thoughts. Ephesus represents the central, building faculty of the consciousness called desire. Desire is but another name for constructive thinking that is the power behind all development in the realm of intellect and feeling. Paul preached long and faithfully at Ephesus in an effort to translate the material desires of the Ephesians to a higher state. Under his teaching new ideas began to prevail. Discord followed when these new ideas met the old, material, resistant ideas.

The same thing always occurs when a person does not make a complete change of mind, soul, and spirit. The keeping of the first commandment accomplishes this total conversion, which makes the following of the new way easy for man. Whatever part of his nature remains unchanged necessarily retards his progress. "The great goddess Diana" has long been "made of no account," but the world is still prone to worship materiality and low ideals under other names, so that the illumined will (Paul) is in danger of being broken when it enters the theater of action of these lower forces.

Asia represents the inner realm of man's consciousness. The will to bring Truth home to this

inner realm and establish it in consciousness is a labor of love that leads man to persevere in the face of apparent discouragement and failure. Paul continued preaching in Ephesus for two years, until all who "dwelt in Asia heard the word of the Lord, both Jews and Greeks." The fully developed man brings Truth into both his religious and his intellectual life. As he recognizes the law of justice at work in his affairs and sees things in their right relation to it, he finds his life falling into harmony with the principles of the Christ. As this change goes forward every part of his organism is quickened to new and greater vitality and the complete organism becomes a fitting symbol of the church of Jesus Christ.

QUESTIONS

1. What determines the appearance and character of our body?
2. How do fear, greed, and other negative thoughts affect them?
3. How does man overcome the resistant effect of material ideas?
4. How are material ideas of substance represented in this lesson? What symbolizes desire?
5. What causes discord in man's consciousness?
6. Of what is the redeemed body of man a fitting symbol?

Lesson 8, February 21, 1960

UNITY SUBJECT—*Humility and Self-will.*

INTERNATIONAL SUBJECT—*Self-Giving in Christian Service.*—Acts 20:18b-21, 28-35.

18b. Ye yourselves know, from the first day that I

set foot in Asia, after what manner I was with you all the time,

19. Serving the Lord with all lowliness of mind, and with tears, and with trials which befell me by the plots of the Jews;

20. How I shrank not from declaring unto you anything that was profitable, and teaching you publicly, and from house to house,

21. Testifying both to Jews and to Greeks repentance toward God, and faith toward our Lord Jesus Christ.

28. Take heed unto yourselves, and to all the flock, in which the Holy Spirit hath made you bishops, to feed the church of the Lord which he purchased with his own blood.

29. I know that after my departing grievous wolves shall enter in among you, not sparing the flock;

30. And from among your own selves shall men arise, speaking perverse things, to draw away the disciples after them.

31. Wherefore watch ye, remembering that by the space of three years I ceased not to admonish every one night and day with tears.

32. And now I commend you to God, and to the word of his grace, which is able to build *you* up, and to give *you* the inheritance among all them that are sanctified.

33. I coveted no man's silver, or gold, or apparel.

34. Ye yourselves know that these hands ministered unto my necessities, and to them that were with me.

35. In all things I gave you an example, that so laboring ye ought to help the weak, and to remember the words of the Lord Jesus, that he himself said, It is more blessed to give than to receive.

GOLDEN TEXT—*The grace of God hath appeared, bringing salvation to all men, instructing us, to the intent that, denying ungodliness and worldly lusts, we should live soberly and righteously and godly in this present world.*—Titus 2:11, 12.

SILENT PRAYER—*I can do all things through Christ who strengthens me.*

A study of the life of Paul reveals that he had the type of mind that we classify today as the spiritually illumined mind. Paul was more than a psychic: he had spiritual understanding.

A person may appear to know a great deal more about the occult than the average individual knows, yet he may lack spiritual understanding. A true spiritual seer has an understanding quality of mind; he knows the real significance of all thought images. To be psychic without having real spiritual understanding is dangerous. Those who do not have psychic vision give deference to him who has it and assume that he possesses superior knowledge, when in fact he may be very ignorant. This presumption of wisdom leads to a certain egotism on the part of the psychic and causes him to neglect the study of Truth. There is no profit in visions and dreams unless they are correctly interpreted. In Egypt the baker, the butler, and the king dreamed dreams, but it took a Joseph to interpret their dreams.

Paul had open vision after his conversion on the way to Damascus. On that occasion his inner sight and his inner hearing were quickened, but his spiritual understanding was not opened until later. He is silent about that experience, but had he written of it he doubtless would have told of having had meditations and illuminations similar to those experienced by all persons who attain a certain degree of insight into spiritual Truth.

Students of Truth find that meekness is necessary to one who would open his mind to receive pure

ideas. Paul developed meekness—a remarkable achievement for one who had been self-sufficient.

Paul was a great apostle and in many spiritual things was far beyond us, yet it does not follow that he was perfect or that we should accept as gospel truth, in the letter, all that he wrote. He had his weaknesses. In the chapter from which our lesson is taken, Paul proclaims that he is going to Jerusalem "bound in the spirit" (verse 22). This was not a wise affirmation for one who was preaching freedom from bonds. Neither was it wise to make the statement that he was going to Jerusalem in spite of the warnings of the Holy Spirit that "bonds and afflictions" would await him there. Seemingly Spirit was trying to direct him away from Jerusalem, but his obstinacy and persistence, which he had so long held in abeyance, broke forth, and he was determined to carry out his own plans regardless of divine warnings.

In our spiritual ongoing we find that old states of mind crop out after we have thought that they were wholly overcome. Spiritual obedience will save us from hard experiences. Had Paul been obedient he might have avoided the years of imprisonment in Jerusalem and in Rome, and he might have lived many years longer to teach the people. The Lord does not put trials upon us, nor are we bound in doing His work. "Where the Spirit of the Lord is, *there* is liberty."

Paul and his ministry are splendid examples of humility and courage, of honesty and unselfishness, of tireless zeal and wholehearted consecration to the work of establishing the Christ Truth throughout

the entire consciousness, and of proclaiming it to others. But let us profit by his mistakes and renew our determination to be guided by the Spirit of God in all our ways. Let us not allow self-will to bind us or to hinder us from attaining our highest good.

"Trust in Jehovah with all thy heart,
And lean not upon thine own understanding:
In all thy ways acknowledge him,
And he will direct thy paths."

Wisdom's way does not lead to chains and death, but

"Her ways are ways of pleasantness,
And all her paths are peace.
She is a tree of life to them that lay hold upon her."

QUESTIONS

1. Is it possible that one may know much about the occult and yet lack spiritual understanding? Explain.
2. What quality is mentioned in this lesson as being very necessary to the one who would open his mind to receive pure ideas?
3. Was Paul perfect in all that he said and did? Justify your answer.
4. What will save us from hard experiences?
5. Does the Lord put trials upon us, and are we bound in doing His work?

Lesson 9, February 28, 1960

UNITY SUBJECT—*Divine Love under Human Limitations.*

INTERNATIONAL SUBJECT—*Courage for Christian Witnessing.*—Acts 21:27-39.

27. And when the seven days were almost completed,

the Jews from Asia, when they saw him in the temple, stirred up all the multitude and laid hands on him,

28. Crying out, Men of Israel, help: This is the man that teacheth all men everywhere against the people, and the law, and this place; and moreover he brought Greeks also into the temple, and hath defiled this holy place.

29. For they had before seen with him in the city Trophimus the Ephesian, whom they supposed that Paul had brought into the temple.

30. And all the city was moved, and the people ran together; and they laid hold on Paul, and dragged him out of the temple: and straightway the doors were shut.

31. And as they were seeking to kill him, tidings came up to the chief captain of the band, that all Jerusalem was in confusion.

32. And forthwith he took soldiers and centurions, and ran down upon them: and they, when they saw the chief captain and the soldiers, left off beating Paul.

33. Then the chief captain came near, and laid hold on him, and commanded him to be bound with two chains; and inquired who he was, and what he had done.

34. And some shouted one thing, some another, among the crowd: and when he could not know the certainty for the uproar, he commanded him to be brought into the castle.

35. And when he came upon the stairs, so it was that he was borne of the soldiers for the violence of the crowd;

36. For the multitude of the people followed after, crying out, Away with him.

37. And as Paul was about to be brought into the castle, he saith unto the chief captain, May I say something unto thee? And he said, Dost thou know Greek?

38. Art thou not then the Egyptian, who before these days stirred up to sedition and led out into the wilderness the four thousand men of the Assassins?

39. But Paul said, I am a Jew, of Tarsus in Cilicia, a citizen of no mean city: and I beseech thee, give me leave to speak unto the people.

GOLDEN TEXT—*Suffer hardship with* me, *as a*

good soldier of Christ Jesus.—II Tim. 2:3.

SILENT PRAYER—*Let the work of Thy Spirit in me be love and peace.*

Jerusalem, the Holy City, represents the love center in consciousness. It is also known as the city or place of peace. Physically, it corresponds to the cardiac plexus. Its presiding genius is the apostle John. The loves and the hates of the mind are precipitated to this ganglionic receptacle of thoughts, and are crystallized there. Its substance is sensitive, tremulous, and volatile. What we love and what we hate build cells of joy or of pain in this center. In divine order it should be the abode of the good and the pure, but because of the error concepts of the mind it has become the habitation of wickedness. Jesus said, "From within, out of the heart of men, evil thoughts proceed."

In the regeneration, Truth visits this holy place for the purpose of redeeming it, but finds the very center of religious thought, "the temple," given over to bigotry and intolerance.

We all want Truth and the help that comes from it, but when Truth is presented to us we sometimes object to the broad, liberal spirit that it proclaims. This is especially the case if our religious training has been narrow and pharisaical. The Jews were taught that they were the chosen people and that all others were heathens. Paul believed that by argument he could show the Jews that he was right in his broader interpretation of the law. In this respect he was not wise. Religious partisans are dogmatic. What they have been taught is their authority, and

they are not open to logic; hence, to argue with one mentally bound in some religious sect creates antagonism and anger. History proves that the so-called "heretic" has never been allowed to argue his case; his destruction has been instantly demanded by religious fanatics.

The destructive thought still exists even among many who claim the freedom of modern enlightenment and civilization. When religious zealots frighten their students and patients by telling them that all other cults that practice spiritual healing are wrong, we are forced to conclude that bigotry and intolerance have not passed away.

When a man begins in thought to see himself better than other men, he makes his mind the dwelling place of this separating thought of superiority. Next, this thought of separation extends to environment; social apartness follows; temples are built with partitions, and whoever dares to enter the room reserved for those of another class is sure to meet with violent opposition.

When Truth comes to the one who is in this fixed state of mind, there is tumult in his body temple. Uppermost is the fear that the rites and the customs of the church will be interfered with; customs and beliefs and the teachings of those in authority seem of more weight than reason and logic. Any diversion from the old methods of thought is resisted. The whole religious nature is moved; thought runs to meet thought, and a concentration of resistance is set up in the mind, which forces out Truth and closes the doors, as described in the 30th verse.

Many persons wonder why they do not develop

divine love more quickly. Here is the reason: they make a wall of separation between the Jew and the Gentile, the religious and the secular, the good and the bad. Divine love sees no difference in persons. It is principle, and feels its own perfection everywhere. It feels the same in the heart of the sinner as in the heart of the saint. When we let this truth into our heart and pull down all walls of separation, we shall feel the flow of infinite love.

When from our heart we cast forth Truth, and seek to kill it, the secular realms of thought put it in bonds. The ruling intellect sees it as an assassin who has been inciting a revolt against its authority. This ruler of the mind has little respect for religion, but has a mighty awe of the rights of a Roman citizen. When it learns that Truth is both Jew and Gentile, common to both head and heart, it gives due respect, which goes to show that Truth is less hampered by skepticism and lack of religious faith than by the bigotry and the fanaticism of ignorant, religious zeal.

QUESTIONS

1. Where are the loves and the hates of the mind precipitated? What effect have they?
2. Why is it unwise to argue with persons who are bound mentally in some religious creed or dogma?
3. What happens when Truth meets ideas of social or religious superiority in the mind of an individual?
4. Why do some persons find it difficult to develop divine love?

There shall no evil befall thee.—PSALMS

I Choose the Way of Love

Of all the ways that lead to God,
I choose the way of love;
For love alone has sandals shod
With wings to lift above.
The way of love is laughter sweet,
And fraught with tears of dew.
It broadens out beyond my feet,
And lifts into the blue.
It knows the mountains and the stars,
It knows the deeps of things,
The soft sob of the heart's guitars,
The way a bluebird sings.
It covenants with lonely heights,
The purity of snow,
Yet trims the wicks of little lights
On window sills below.
It is not high, it is not proud,
And yet it heals and lifts.
It climbs from valley to the cloud,
And winds through blossom drifts.
It is both innocent and wise,
It dares to wind and rove;
And yet it leads where heaven lies.
I choose the way of love.

—*Elizabeth Landeweer*

Silent UNITY

I let the love of God guide me and I am wise, patient, and understanding.

The Society of Silent Unity, founded more than fifty years ago, is the healing department of Unity School ministering without seeing them, to those who need help.

Our purpose is to aid through prayer all persons who, having faith in the power of God, ask for help.

Our temporal needs are met by the freewill offerings of those to whom we minister. "Give, and it shall be given unto you; good measure, pressed down, shaken together, running over."

Our Silent Unity group numbers some hundred consecrated workers who are devoting their lives to God's work for humanity. They are proving daily that physical, financial, mental, and spiritual difficulties can be overcome by righteous prayer. Even though everything else may have failed, we shall pray *with* you, for we have faith that "with God all things are possible."

We pray *with* you and also instruct you how to pray to the Father in secret in order that you may help yourself. Silent Unity is praying always; and your co-operation in prayer is of mutual benefit. Do not hesitate to write to us for help because your problem is personal. All correspondence is confidential.

Address your request to Society of Silent Unity, Lee's Summit, Mo. Cable address: Unity, Lee's Summit, Mo.

Give your full name and address

Prayers ANSWERED.....

These testimonials come from persons who have been healed by the power of Spirit. Those who wish to gain inspiration from someone whom God has healed may write, in care of the Unity School Editorial Department, to givers of these testimonials. Each letter must be unsealed and give the initials and address of the person to whom it is to be forwarded; also the name and date of the periodicals in which the testimonial appeared.

I Will Come and Heal

I WROTE you for prayers for an operation on my leg. I asked that you pray with me the operation would be successful, and that my leg would heal quickly.

The operation has since been completed, and now my leg is almost healed. I was only in the hospital for a short time and I experienced little pain. There will hardly even be a scar on my leg and I am thankful.—*Mrs. P.M., Illinois.*

THANK YOU for your encouraging prayers, and also for the affirmations you sent me during my husband's illness.

He underwent major surgery and his recovery has been amazing. It all seems like a miracle. Before the operation he lived on baby food, and not too much of that. Now he eats anything he pleases. It is wonderful!—*Mrs. A.G., Oregon.*

MY MOTHER is now recovering from a long and serious illness. The doctors were doubtful of her recovery because of her age.

I requested prayers from the local Unity center where she is a member. The results were a miracle.

Following surgery all infection began to vanish.

I told the doctors of my request for prayer, and they agreed with me that the healing power of God was a wondrous thing.

I know you join with me in appreciation for the marvelous power of prayer.—*Mrs. H.M., California.*

He Shall Have Abundance

INCLOSED is an offering that I would like for you to use to send *Daily Word* to someone. I have had so much help from reading it.

I would appreciate your sending me another bank as I need the reminder each day. Keeping a bank has been a great help to me, and the use of the drill each day reminds me to keep my thoughts right during the day.

Even my smallest needs are met! I burnt out my electric iron and I wondered how I would get another one. I tried to remember that God was the source of supply, and stopped worrying about it. A neighbor's little girl came to the door that very day to give me another iron. She said that her mother did not want it and asked her to find someone who could use it. No one knew I needed that iron, and my need was supplied before I had hardly realized it.—*Mrs. C.C., Michigan.*

Filled with Plenty

I WISH to thank you for your prayers for my children and myself, and am inclosing a love offering to help show my appreciation.

I am typing on the new typewriter I bought for my daughter. God opened the way for me to get it.

Also, some time ago I purchased some new rugs, and God opened the way for me to pay for them within ninety days after their purchase. This saved me money on the interest. God performs wonders when one is open and receptive to His good.

I have been working on Saturdays and earning extra money for our needs. I trust God to supply our needs and I know He will.

Please send me another prosperity bank.—*Mrs. H.W., Missouri.*

I AM SORRY I have been so long sending in the contents of my Prosperity Bank but we have been away and I forgot about it. Please use the amount as you see fit.

I am happy to tell you that our financial affairs seem to take orderly care of themselves since I have been using this bank. There always seems to be enough money with a little to spare.

Please send me another bank, and thank you for the inspirational material in your publications. There is always an article to fit my own particular need. —*Mrs. H.B., Michigan.*

Father, I Thank Thee

SO MANY WONDERFUL things have come my way since I first wrote you almost three years ago that I must thank you again for continuing to pray for me.

Since writing you last I've learned that I have finished all the work for my degree in elementary education. I have passed the oral interview and have

received an appointment to work here in our city beginning in September. The position has security as well as a substantial increase in salary over a substitute's pay. I am truly thankful to God and to you who prayed with me that I would be successful.

Inclosed you will find a small contribution to help carry your message of hope to others who may be discouraged.

I thank you again and wish you many more years of service to those in need.—*J.W.P., New Jersey.*

YOU HAVE BEEN PRAYING for my son for employment. Your marvelous work has brought him a most desirable position in beautiful surroundings.

Our hearts are flooded with gratitude and thanks to Silent Unity and its wonderful workers of God. You bring good where no good seems to be.—*Mrs. T.J.S., Pennsylvania.*

My Help Cometh from Jehovah

TWO YEARS AGO I wrote to you and asked that you pray with me for my health. I also requested prayers to help me locate a new home.

At this time I am thankful to say that my health has improved, and I have a nice house in a good neighborhood.

I receive such inspiration from reading your literature, and I always pass it on to my friends.

Truly, Unity is the most wonderful thing that has ever happened to me.

Thank you and God bless you.—*Mrs. N.L.B., Texas.*

UNITY CENTERS AND CLASSES

he following ministers are conducting a ministry in keeping with the Christ teachings as interpreted by Unity School.

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rmingham—Catherine Thrower, 2803 Highland

obile—Marian Baker, 1156 Springhill

ARIZONA

noenix—Herbert Penn, 1745 W Northern

ucson—Jack Clemenson, 1296 N 4th ave

ARKANSAS

ttle Rock—Mamie Spencer, 1504 Spring

CALIFORNIA

hambra—Albert Ransford, 25 N 2d

iburn—John Hinkle, Congregational church

ikersfield—Unity, Brower bldg

urbank—Joseph & Mildred Haggerty, 1009 Cordova

istro Valley—Miki Bowen, 1025 Crow Canyon rd

ompton—Margaret Butterworth, 411 S Santa Fe

ovina—Frances Flickinger, 17157 E Badillo

alver City—Carroll Moore, 3979 Tilden

ccondido—Unity, 203 E 5th

esno—Edward Jennens, 985 Palm

lendale—Clifford Carpenter, 119 S Kenwood

untington Park—Edna Drebert, 7900 State

glewood—Frank Hax, 820 Java

Crescenta—June Jones, 2819 Montrose

Jolla—Lola Mays, 5455 La Jolla

ng Beach—Sarah Switzer, 935 E Broadway

s Angeles—Ernest C Wilson, 635 S Manhattan Pl; Helen Mouton, 4419 Mettler; Carrie Love, 80 Orange pl; Ysobel Stoneman, 1420 Westwood

anhattan Beach—Winifred Dietz, 32d & Highland

erced—Cecil Lake, Tioga hotel

odesto—Russell Kemp, 201 Eye

onrovia—Irene Malloy, 2567 S Myrtle

onterey—Sonja Samiran, 135 W Franklin

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orth Hollywood—Joseph & Mildred Haggerty, 11050 Hartsook

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alm Springs—Viola Lukawiecki, penthouse 30, the Plaza

asadena—Max Flickinger, 836 E Washington

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Grand Rapids—Leon Miller, 530 Scribner ave NW
Grosse Pte Woods—Eve Edeen, 20760 Mack
Jackson—Kenneth Brabeau, Dwight bldg
Kalamazoo—Amy Moffett, 209 W Dutton
Lansing—Nora Hines, 2511 S Washington
Midland—Aelola James, Community center bldg
Muskegon—Leon Miller, YWCA
Pontiac—Unity, 70 Chamberlin
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luntington—Glenn Mosley, 559 Woodbury rd
lew Rochelle—Ethel Nickelsen, YMCA 175 Division
lew York—J Sig Paulson, 143 W 51; Crichton Boatwright, 23 E 37; Josephine Siemon, 400 E 59; Stella Wrenn, 15 E 11 st; Flash Washington, 360 W 125; Unity, 2523 7th ave
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Mansfield—Carol Whipple, 388½ Park ave W
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Muskogee—Ruth Jacques, 1210 Boston
Oklahoma City—Alice & Schuyler Cronley, 318 Midwest bldg
Okmulgee—Ruth Jacques, 806 N Grand c/o R W Viersen
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Bremerton—Marion Brown, 925 Park
Everett—Imogene Elliott, 2701 Rockefeller
Greenbank—Beulah Scott, Greenbank Club House
Redmond—Ella Peterson, Cedar & Kirkland (library bldg)

Seattle—Donald & Dorothy O'Connor, 4030 Arcade bldg; Ella Peterson, 12746 33d NE
Spokane—Phil Stovin, 1124 W 6 ave
Tacoma—Helen Stiegler, 2102 S 23
Yakima—Marguerite Landis, Masonic temple

WEST VIRGINIA

Wheeling—Ada Frew, Catholic Women's League, Chaplin & 14

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Madison—Fern Mack, 208 W Gorham
Milwaukee—Mae Lundahl, 1820 E North; Emma Terrien, 634 W Wisconsin
Sheboygan—LuVerna Bauer, 1603 S 9

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Ottawa—May Duncan, Kings Daughters bldg, Laurier ave
London—Herbert Nicklin, YM-YWCA
Toronto—Mary & George Dunning, 175 Eglinton ave W
Vancouver—Ross Breakwell, 1605 W 12 ave
Winnipeg—Unity, 356 Furby

ENGLAND

Easington Village—Thomas Merrington 11 Sea View, Co Durham
Kingston-on-Thames—Robert Sikking, 5 Ashdown rd
Sunderland—T Merrington, Co Durham

Unity literature in French: ASTRA, 10 rue Rochambeau, Paris 9e, France; in Italian: Eva Pasini, 5 Corso Genova, Milano (328), Italy; in German: Kathe Blenkner, Deutschherrenstr 190, Bad Goodesberg/Lannerdorf, British Zone; in Swedish & Finnish: Maija Bloomberg, Tevakoski, Finland: W A DaSilva, Caixa 1340, Sao Paulo, Brazil (*Daily Word* in Portuguese)

The Purpose of Unity

Unity School of Christianity is a religious educational institution teaching the use of the Jesus Christ doctrine in everyday life, and is not a church. However in disseminating the teachings of Unity, based upon the Bible and especially upon the teaching of Jesus Christ, teachers have formed independent organizations for study and worship, and these organizations have evolved into groups called centers, societies, assemblies, and churches. These groups are a part of the Unity fellowship and work in close cooperation with the Unity School of Christianity, but Unity is not a denomination nor a sect. Those who study the Unity teachings and who attend a Unity church are free to keep their affiliation with any church they desire. Unity teachings explain the action of mind, the link between God and man. They explain how mind affects the body, how it brings man into an understanding of God. Accept what, in Unity, appears to you to be Truth, and withhold judgment on the remainder until you understand it.

NITY BOOKS of Note

ON POETRY

'est-Loved Unity Poems—This popular anthology ontains 181 poems by 111 Unity authors, including owell and Myrtle Fillmore, Grace Noll Crowell, ames Dillet Freeman, and R. H. Grenville. Divided y subject into twelve sections, it includes poems or special occasions such as the new year, valenine's day, Lent, Easter, Thanksgiving, and Christhas.

Be!—This is a collection of poems and prose poems y James Dillet Freeman, who has long been a favorte with Unity readers. There are forty-one selections n all, including such popular titles as "Another Dawn," "The Traveler," "Sea Voice," "The Hilltop Heart," and "I Am There." Illustrated with pennd-ink drawings by Ilah Marian Kibbey.

Be of Good Courage—This book contains poems and hort prose selections by Frank B. Whitney, who vas the first editor of *Daily Word* magazine. More han thirty poems are included, among which are 'My Heart Is Smiling Smiles Today," "He's Standng by Me All the While," and "The Chant of the On-Goers."

(Each of these books is $2 a copy.)

Unity Books

For Beginners in Truth	Beginning Again		$2.00
	Bel		2.00
	Doctor Houston Speaking	*German, English,* each	2.00
	Favorite Unity Radio Talks		2.00
	God a Present Help		2.00
	God Is the Answer	*Dutch, English,* each	2.00
	Great Physician, The	*English, Spanish,* each	2.00
	How I Used Truth	*German, English, Greek, Swedish,* each	2.00
	How to Let God Help You	*English, Greek, Spanish,* each	2.00
	Lessons in Truth	*English, Japanese, Swedish, German, Italian, Spanish, Russian, French, Dutch, Greek,* each	2.00
	More Wonderful You, A		2.00
	Myrtle Fillmore's Healing Letters		2.00
	New Ways to Solve Old Problems		2.00
	Peace Begins at Home		2.00
	Practical Christianity for You		2.00
	Prove Me Now		2.00
	Special Methods for Attaining Spiritual Mastery		2.00
	Story of Unity, The		2.00
	Things to Be Remembered		2.00
	Unity's Seventy Years of Faith and Works		5.00
	Unity Vegetarian Cookbook		2.00
	Whatsoever Ye Shall Ask	*French, English,* each	2.00
	You and Your Child		2.00
For Healing	Christian Healing	*German, English,* each	2.00
	Divine Remedies	*French, English,* each	2.00
	Jesus Christ Heals		2.00
	Truth Ideas of an M.D.	*Italian, German, English,* each	2.00
	You Can Be Healed	*Swedish, English,* each	2.00
For Prosperity	Both Riches and Honor	*French, English,* each	2.00
	Prayer in the Market Place		2.00
	Prosperity		2.00
	Prosperity's Ten Commandments		2.00
	Working with God	*German, English,* each	2.00
For Inspiration	Best-Loved Unity Poems		2.00
	Be of Good Courage		2.00
	God Never Fails		2.00
	Household of Faith, The		5.00
	Lovingly in the Hands of the Father	*German, English,* each	2.00
	Mightier than Circumstance		2.00
	Prayer Changes Things		2.00
	Sunlit Way, The		2.00
For Devotion	Effectual Prayer		2.00
	Holy Bible, American Standard Version		7.00
	Keep a True Lent		2.00
For Advanced Study	Atom-Smashing Power of Mind		2.00
	Christ Enthroned in Man		2.00
	Have We Lived Before?		2.00
	Know Thyself		2.00
	Let There Be Light		3.00
	Metaphysical Bible Dictionary		5.00
	Mysteries of Genesis		3.00
	Mysteries of John		2.00
	Revealing Word, The		3.00
	Selected Studies		2.00
	Talks on Truth		2.00
	Teach Us to Pray	*French, English,* each	2.00
	Twelve Powers of Man, The		2.00
	What Are You?		2.00
	Your Hope of Glory		3.00
For Children	Adventures of the Seven Spartans		2.00
	Barky's New Home		2.00
	Barky and His Friends		2.00
	Jet's Adventures		2.00
	Jet and the New Country		2.00
	Jet's Choice		2.00
	Story of Jesus, The		2.00

NEWS *from* UNITY

Thanks for Your Hospitality

"Words are most inadequate," writes a Unity friend in Illinois, "to express to you and to all the wonderful friends at Unity Village the great pleasure I had during my visit there last week. It has been my dream for a long time to come there and meet all those who have been so wonderful to me over the years. Loving hands of friendship and blessing met me everywhere, and my wonderful guide was so gracious and understanding. Although I cannot remember all the names of the many friends I met, I do want to express to you and the others my sincere thanks and deep appreciation for all the love and courtesy extended me by all. It has been a rich experience that I will never forget, and I hope with all my heart that it may come again in the not-too-distant future. Thank you again for a dream so beautifully fulfilled. God bless you all."

A Teacher's Prayer In Card Form

The poetry of James Dillet Freeman brings inspiration and help to many Unity friends whenever it appears in the Unity magazines. His poem "A Teacher's Prayer," which appeared recently in *Daily Word* magazine, has proved to be so helpful and popular that it has been printed on a card and is now available, priced at two cents a copy.

Unity has more than forty two-cent cards available on many varied subjects, including a home blessing, a housewife's prayer, a purse blessing, an automobile blessing, an airplane blessing, a prayer for salesmen, a prayer for students, the *Twenty-Third*

Psalm, and *The Prayer of Faith.*

If you would like to have a list of these Unity cards send your request to Unity School, Lee's Summit, Missouri.

February Features for Teen-Agers

Here are two of the many helpful and practical features that teen-agers will be able to read in their *Progress* magazine this month:

"Try Imagineering," by Constance Foster—How to turn your daydreams to good advantage and make them work for you to bring you the things you want in your life, no matter how ambitious and far-fetched they may seem to you now.

"What about That Extra Day?" by Annie Laurie Von Tungeln—This year is leap year, when we all have an extra day to use. This article tells how to make the best use of that day, and of every day.

Each month *Progress* brings teen-agers fascinating action stories and practical, helpful articles that they can use in their everyday lives. Of special interest is the regular feature "Here Is Your Help," which gives a digest version of selected articles that appear in other Unity publications. *Progress* will help any young person each month for a year for $2.

The Secret of Prayer

"Is there a secret to effective prayer?" asks author Blair Reed in the February issue of *Good Business.* "There *are* spiritual secrets—God's secrets, as it were. But they are secrets, not because He keeps them from us, but because we must grow to understanding of them."

In this article Mr. Reed goes on to tell the compelling story of how he himself discovered one of these mighty secrets of prayer, years after he had begun his study of Truth. Perhaps in this article, which is entitled "The Miracle of Release," you will find the very help you have been seeking—the way to make your prayers miraculously effective.

Each month *Good Business* presents articles by and about those who have succeeded in the business of living by applying Christian principles. Why not have the help that *Good Business* can give, beginning with February so that you can read this inspiring article? *Good Business* is $2 a year.

New Children's Serial Begins This Month

The many rhymed-prose read-aloud stories about animal characters that Georgia Tucker Smith has written have been extremely popular with boys and girls, both when they appeared in *Wee Wisdom* magazine and when they were published in book form. It is with pleasure, therefore, that Unity announces the new series of her stories which begins in *Wee Wisdom* this month. These stories are about Oscar Owl and the little animals who are his friends, and the first one, which appears in the February issue, is entitled "Oscar Owl, the Night Watchman."

Also appearing in February *Wee Wisdom* are "A Valentine for Jimmy," by Lillie D. Chaffin; "Little Calico Cat," by Martha Swearingen; and "Joe's Decision," by Gladys K. Bradley, along with other stories, poems, exciting features, and things to do and make.

Wee Wisdom is a perfect valentine gift for a boy or girl, for it will come not once but twelve times a year to entertain and help build high ideals and good character for the years ahead. *Wee Wisdom* is $2 a year.

Coming Next Month in UNITY

If you had had an adverse physical condition all your life and were nearly seventy years of age, would you expect to correct that condition through prayer?

You could, and should expect to do so, according to Constance Foster. "When it comes to healing," she tells us, "it does not matter a particle to God whether you are seventy, eighty, or ninety years of age."

There are some very definite laws in praying aright for any kind of blessing that we desire, and in the article "Seven Steps to Answered Prayer," which appears in UNITY next month, she sets forth seven practical steps in the science of answered prayer that have proved effective in her life and can help insure that your prayer will be answered.

"God's, not ours, is the power," she says. "But we have to co-operate with Him and with His power before even He can bring it to pass. . . . Once we know the power that does the work and learn to keep ourselves out of God's way while we let the power flow through us, we cannot have anything in our life but answered prayers."

Be sure to look for this article in the March issue of UNITY.

New Clough Article in Weekly Unity

William A. Clough has been a popular writer for the Unity publications for many years, and his newest article will appear in the February 28 issue of *Weekly Unity.* Its title is "He Will Give Thee," and in it he deals with a question that is of vital importance to us all.

Have you ever promised yourself, "If God will just answer this prayer, I won't ask Him for another thing" —and then, within a few days, found another problem pressing just as desperately for solution? If you have ever been in this position, you will certainly want to read this article. In it Mr. Clough discusses the whole question of solving problems and tells why we need not be discouraged when we have to turn to God over and over.

Each week *Weekly Unity* brings inspiring articles such as this, poems, a column by Lowell Fillmore, a message from Silent Unity, and many other helpful features. You may have the help of this faithful messenger of Truth for $2 a year.

Good Neighbor Help in Finland

"I beg you to send me some back issues of *Progress,*" wrote a teacher in Finland. "I teach English to a class of twenty-seven pupils who will leave the school in May. I shall circulate my *Wee Wisdoms* so that each pupil will have three days to study every number. But I should like to give them one copy of *Progress* of their own before they leave the school. I like *Progress* very much, although I am too bashful to order it, too, when I get all the other periodicals already.

"I have distributed most of the pamphlets I got from you. If you have some back issues of *Daily Word,* please send them, too. I have studied your books *Lessons in Truth* and *Teach Us to Pray* and am now beginning *You Can Be Healed.*"

The magazines she asked for were sent through the Good Neighbor Fund, which sends Unity literature free to those in other countries who cannot pay for it themselves. If you wish to help in this work, address your offering to the Good Neighbor Fund in care of Unity School of Christianity, Lee's Summit, Missouri.

Announcing

UNITY'S

NEW EASTER GREETING BOOKLET

In its lovely colored cover of a fruit tree in bloom against a bright blue spring sky, this new booklet combines beauty and a wealth of inspiration to carry your Easter message to your friends.

15c each—8 for $1

CONTENTS:

"The Glory of Easter" by May Rowland

"Ever-Resurrecting Life" by Clara Palmer

"Believe Your Heart" by Russell A. Kemp

"Your Easter Opportunity" by Retta M. Chilcott

1960 Easter Booklet Assortment

Accept the Glory of Easter (new)
Daily Resurrections
Easter
An Easter Message for You
The Land Is Bright
The Spirit of Easter
Your Easter Dawn
Your Easter Revelation

Complete with mailing envelopes, these booklets are ideal to send in place of the traditional greeting card. You may order this assortment of eight booklets for $1; or eight copies of the new booklet, *Accept the Glory of Easter* for $1; or make your own selection at 15 cents each, eight for $1.

UNITY SCHOOL OF CHRISTIANITY
LEE'S SUMMIT, MISSOURI

FOR *Easter Inspiration*

READ AND GIVE THE LIFE OF JESUS

A close study, especially at Easter time, of the life and teachings of Jesus can give new insight into the real meaning and secrets of life itself. Discover in this way your own inner divinity and you can be inspired to higher achievements than you have yet known.

Your Hope of Glory

In her powerful book *Your Hope of Glory,* which deals with the life of Jesus, Elizabeth Sand Turner says:

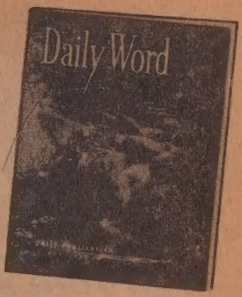
"Jesus is the most sublime character the world has known. . . . Those who accept Him and trust Him find a new and finer side of themselves coming into expression, a side they did not know they possessed. . . . They detect in themselves a capacity to accomplish far beyond their former expectations."

In her book Mrs. Turner interprets the Biblical account of the Master's life and teachings, and gives the real meaning of individual passages. Because reading this book is a truly remarkable experience, *Your Hope of Glory* makes an especially appropriate and welcome Easter gift. Attractively bound in blue and stamped in gold, it contains 280 pages and an index, and is priced at $3 a copy.

UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI

YOU CAN LIVE WITHOUT FEAR



Are you allowing fear, in these days of hurry and tension, to destroy your composure and peace of mind? Fear of the future and what it will bring, of people and their opinions, of lack, loneliness, or even of unknown conditions need not hamper your life.

You can live without fear, according to May Rowland, the director of Silent Unity. "Most fears take to their heels if we do something about them," she assures.

In her article "What Are You Afraid Of?" in the February issue of *Daily Word* magazine, Mrs. Rowland tells simply and plainly what to do about getting rid of fears and replacing them with peace and serenity. You will also find special help in the article "Remember—God Loves You!" by Mary L. Kupferle, also in this issue.

Each monthly issue of *Daily Word* offers, in addition to helpful articles and poems, a prayer, meditation, and Bible verse to help you start each day right and live it triumphantly. If you have not had the help that *Daily Word* can give, why not send for your subscription, priced at $2, today?

UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI

Good Results from the Prosperity Bank

"I have had good results from this Prosperity Bank," writes a friend in California, "financially and emotionally, and am physically improved."

The Bank plan can help you, too, just as it does the 250,000 Unity friends who use it each year. To follow this plan, you deposit a coin a day and bless it with the prayer you receive. Silent Unity prays with you as you follow the drill. After seven weeks, the amount saved may be used to pay for the UNITY subscriptions you have ordered for friends on the coupon below. Sharing with others opens the way for more good to come to you. Send for your Bank and see the good results it will have for you.

Unity School of Christianity, Lee's Summit, Mo.

-------(Please PRINT all Names and Addresses)-------

Here is my order for three UNITY gift subscriptions ($2 each) and a Bank in which to save the $6 cost of these subscriptions.

NAME .....

Street .....

City ..... State .....

NAME .....

Street .....

City ..... State .....

NAME .....

Street .....

City ..... State .....

SENDER'S NAME .....

Street .....

City ..... State .....

Please indicate postal zone number, if cities are so divided.

U-2-60

47 DAYS to a BETTER LIFE

What do you want most—better health, prosperity, love, understanding, harmony at home, peace of mind, more interesting activities, faith in the future?

You can have these blessings, and more, as a result of taking part in the Unity Lenten Program this year. This plan of spiritual preparation can bring you more good than you ever dreamed possible. To take part in the program, you do these things:

* Read the daily lessons in the book *Keep a True Lent,* by Charles Fillmore.

* Read your Bible daily, following the events and teachings of Jesus' ministry, according to references in *Keep a True Lent.*

* Take time each day for prayer and meditation (Silent Unity will gladly pray with you for your success as you follow this program, if you request it).

* Avoid negative thoughts and fix your mind on the abundant blessings of God.

Keep a True Lent is priced at $2, and with it you receive *The Lenten Guide* free, to aid you in your study. (If you already have the book you may have the *Guide* free on request.) Send for your book and *Guide* today, follow this program from March 2 to April 17, and see what good it can bring you.

UNITY SCHOOL OF CHRISTIANITY

LEE'S SUMMIT, MISSOURI

Winter Heart

A winter heart is a valiant thing,
Not bound to the summer trill
Of a brook, or a bobolink on the wing,
Or the meadows where daisies spill.

A winter heart can stand the test
When the wind blows wild and high,
And the snows ride down the horizon's crest
From a gray and sunless sky.

For hope beats strong in a winter heart
And nothing can dim its glow,
Though the night be black with winter's art
And the stars refuse to show.

God will grant you a winter heart
To rollick and dream and sing,
If you but have an abiding faith
That winter will turn to spring.

—*Mildred Meeker*

UNITY